30-MINUTE RECIPES FROM THE YEAR'S BEST COOKBOOKS

vegetarian times

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healthy for the holidays

34 SENSATIONAL SEASONAL RECIPES

SIMPLE SOUPS
FOR BUSY WEEKNIGHTS

EASY ENTERTAINING *delicious* WINTER DINNER

INSPIRED COOKIES
TO BAKE AND GIVE

1-POT WONDERS
RECIPES FOR YOUR DUTCH OVEN



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Can't decide what to make tonight? Here are our five favorite recipes from this issue:

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2 medium Vidalia onions
1 oz. olive oil
4 Tbsp. butter
1 package **Andrew & Everett**
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8 slices Organic Multigrain or Sourdough bread

Slice mushrooms and onions. Toast bread lightly before grilling. Coat skillet with olive oil. Place sliced mushrooms and onions in skillet, cooking until golden brown (about 6-8 minutes). Set aside.

Butter both sides of bread and place in skillet. On each side of bread, add 1-1 ½ slices of cheese, keeping both sides open. After 3-5 minutes on medium heat, add portion of pre-cooked mushrooms and onions and combine the sandwich. Slice in half and serve warm. Repeat and enjoy!

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Dutch treat



I've always been a sucker for a gooey fruit cobbler, but this month's Technique story on Dutch oven cooking ("The Everything Pot," p. 38) surprised me with an altogether different interpretation of the baked classic. Instead of berries or peaches, our Three Sisters Savory Cobbler (p. 40) is a saucy medley of black-eyed peas, kale, butternut squash, and herbs baked under a fluffy layer of corn biscuits. Enjoy it on a chilly December night, or serve it for lunch or dinner on New Year's Day: according to Southern tradition, eating black-eyed peas and greens on January 1 brings good luck and prosperity in the New Year.

This issue has its fair share of holiday decadence, from Vegan Jelly Doughnuts (p. 43) to fancy cookies ("Gifts So Sweet," p. 60). But you'll also find plenty of healthful meal options—such as the comforting soups in "Super Bowls" (p. 66)—to keep you well-fueled through the party season.

Elizabeth Turner

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PORTRAIT PHOTOGRAPHY: LISA ROMEREIN; HAIR AND MAKEUP: DORIT GENAZZANI

what's cooking on vegetariantimes.com



Kitchen Trick: No-Mess Roasted Veggies

vegetariantimes.com/blog/the-easiest-ever-way-to-roast-vegetables

Want to learn the secret to perfectly roasted veggies with minimal cleanup? Check out associate editor Tami Fertig's The Easiest-Ever Way to Roast Vegetables, on the Veg Daily Blog.

12 Days of Gluten-Free Holiday Baking

vegetariantimes.com/gluten-free-baking

It's the ho-ho-holiday season! Gluten-free holiday baking has never been easier, or as tasty. Sponsored by Bob's Red Mill.





Naughty or Nice?

vegetariantimes.com/recipe/iced-oatmeal-cookies

In these festive, vegan Iced Oatmeal Cookies, flaxseed meal stands in for egg, and applesauce helps trim the amount of fat needed. Bake up a batch for Santa!

BOWL: KATE SEARS; COOKIES: MAREN CARUSO; CAKE: JOHN KELLY



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Fiona Kennedy, a private chef and recipe developer in Los Angeles, created the cozy holiday recipes for "Comfort and Joy" (p. 52).

What's your No. 1 pantry staple?
Kosher salt. I'm so accustomed to the size of the grains that my fingers instinctively know how much to use when seasoning.
What's your best clear-out-the-fridge dish?
Frittata. I feel like you can throw in any leftover cooked vegetables and scraps of cheese, and it will come out delicious.
What's your fondest food memory?
Going into the backyard and picking just-underripe peaches with my grandmother. I was never quite patient enough to wait for them to ripen.



Susie Ghahremani, a San Diego–based artist, illustrator, and lifelong vegetarian, provided the illustrations for our pet adoption guide ("Rescue Me," p. 48).

What's your No. 1 comfort-food craving?
My mom makes a Persian chickpea-based soup called *ash-e reshteh* that is the greatest thing on the planet.
What's your favorite kitchen tool?
My Cuisinart Green Gourmet pans! Life is just better when food doesn't stick to the pan.
What's your best clear-out-the-fridge dish?
Miso soup. I chop and simmer any vegetables I have in vegetable broth, then dissolve white miso paste into the mixture once cooled. It is such a quick delight!



Linda Childers, a writer based in Martinez, Calif., interviewed country singer Kellie Pickler for "Country Pride" (The Buzz: In Person, p. 21).

What's your favorite kitchen tool?
My waffle-maker. I love making waffles topped with fresh seasonal fruit and a little Greek yogurt.
What's your No. 1 comfort-food craving?
Peanut butter cream pie. It's absolutely decadent, easy to prepare, and can make even bad days seem better.
What's your fondest food memory?
My mom's home cooking—everything from strawberry-rhubarb pie to stuffed bell peppers.

Vegg Nog Smoothie

10 oz coconut milk
1 scoop vanilla *Warrior Blend*
1 organic frozen banana
½ tsp nutmeg powder
½ tsp cinnamon
1 capful *Liquid Light*
1 tsp coconut oil
1 tsp hemp seeds
Dash of cardamon
Handful of ice

blend and enjoy



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perfect fit

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OUR NOVEMBER ISSUE'S MOST POPULAR RECIPE ON PINTEREST? **HOLIDAY SEITAN ROAST** ("HOLIDAY GLOW," p. 69)! JOIN THE FUN AT PINTEREST.COM/VEGTIMES.

letters

PUDDING, PLEASE!

What a great dinner tonight thanks to *VT*! We had the Savory Bread Pudding with Artichokes and Two Cheeses [Technique: "Bread Pudding Revival," November, p. 44] as an entrée and the Vegan Vanilla Pudding with Chocolate-Raspberry Topping ["Party Time!" November, p. 57] for dessert. Both were delicious! I was never a bread pudding fan, but once I saw a savory version, I decided I had to give it a try. My husband (not a vegetarian) and I both loved it. Additionally, I rarely make desserts, but that pudding recipe looked so yummy I gave it a whirl—we were not disappointed! I didn't have enough fresh raspberries for the sauce, so I mixed in some frozen blackberries, and it came out perfect! I think next time I will need to make a double batch.

HOLLY WILLIS NICOLL | VIA FACEBOOK

SUPER STEW

The Tuscan Kale and White Bean Stew with Breadcrumb Topping [30 Minutes: "Short-Order Stews," October, p. 26] was so good. Even my meat-eating hubby was surprisingly all over it. To give it more flavor, I substituted a can of diced tomatoes with garlic for the water, then served hot garlic bread on the side for dipping. It's a keeper.

RUBY BALLANCE | VIA FACEBOOK

DAL-IGHTFUL

Yum! We made the Orange Dal [Community: Reader Recipe, October, p. 10] without the curry powder because my partner is allergic to fenugreek. We used a big mix of spices instead (coriander, cumin, cinnamon, cloves, cardamom, and a little cayenne). It was absolutely delicious. My kids were crazy about it too!

BRYN | VIA VEGETARIANTIMES.COM

SEND YOUR LETTERS TO:
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SHARE **Reader Recipe**

Veggie Lasagna Even Meat-Lovers Crave

SERVES 8

Jodi Taffel, an actor from Altadena, Calif., loves bringing this hearty lasagna to potluck dinners. She suggests adding whatever veggies you have on hand: "Don't feel married to the ones I used. Be creative!"

- **4 cups steamed cauliflower florets**
- **3 cloves garlic, minced (1 Tbs.), divided**
- **3 cups shredded mozzarella, divided**
- **2 cups low-fat ricotta cheese, divided**
- **1 cup low-fat milk, divided**
- **4 cups steamed broccoli florets**
- **1 large eggplant, sliced lengthwise into ¼-inch-thick pieces**
- **2 large yellow squash, sliced lengthwise into ¼-inch-thick pieces**
- **1 large zucchini, sliced lengthwise into ¼-inch-thick pieces**
- **1 cup grated Parmesan cheese**

1 | Preheat oven to 350°F. Purée cauliflower and 1½ tsp. garlic in food processor until smooth. Remove to large bowl, and stir in 1 cup mozzarella, 1 cup ricotta, and ½ cup milk. Season with salt and pepper, if desired.
2 | Heat cauliflower purée in saucepan 3 to 4 minutes, or until warm. Place back in bowl, and wipe out saucepan.
3 | Wipe out food processor, and add broccoli and remaining 1½ tsp. garlic; purée until smooth. Remove to another large bowl, and stir in 1 cup mozzarella, remaining 1 cup ricotta, and remaining ½ cup milk. Season with salt and pepper, if desired.
4 | Heat broccoli purée in saucepan 3 to 4 minutes, or until warm. Place back in bowl.
5 | Spray 13- x 9-inch casserole dish with cooking spray. Add layer of eggplant and 1 cup cauliflower sauce. Add layer of yellow squash and 1 cup broccoli sauce. Add layer of zucchini and 1 cup cauliflower sauce. Repeat until you are out of veggies and top layer is either sauce. Sprinkle with remaining 1 cup mozzarella and Parmesan. Bake 1 hour, then let rest 15 minutes before serving.

PER SLICE 320 cal; 26 g prot; 17 g total fat (10 g sat fat); 22 g carb; 64 mg chol; 622 mg sod; 7 g fiber; 11 g sugars GF

CHRISTINA HOLMES

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tell *VT*

What's your No. 1 guilty-pleasure food?



Roasted vegetable lasagna with lots of cheese and mushrooms.
—AYESHA ABBAS, VIA FACEBOOK

Veggie shepherd's pie! I am salivating just thinking about it.
—CHRISTINE SNOW, VIA FACEBOOK

Sweet potato fries roasted in olive oil with sea salt and fresh rosemary, and a garlic aïoli for dipping. —KRISTI

Spoonfuls of peanut butter.
—KAREN EMERSON, VIA FACEBOOK

A homemade Nutella smoothie with a banana, Greek yogurt, and a scoop of protein powder!
—MARISSA SPITZ, VIA FACEBOOK

Pizza! Living in Buffalo, N.Y., I have seven pizza places within a mile of my house. —JESSICA THORN

Ooey-gooey cheesy bean enchiladas—with a little bit of spinach and chard thrown in for good measure. —SHAWNA MEHTA

Guacamole! I eat it at breakfast, lunch, and dinner. —LINDA

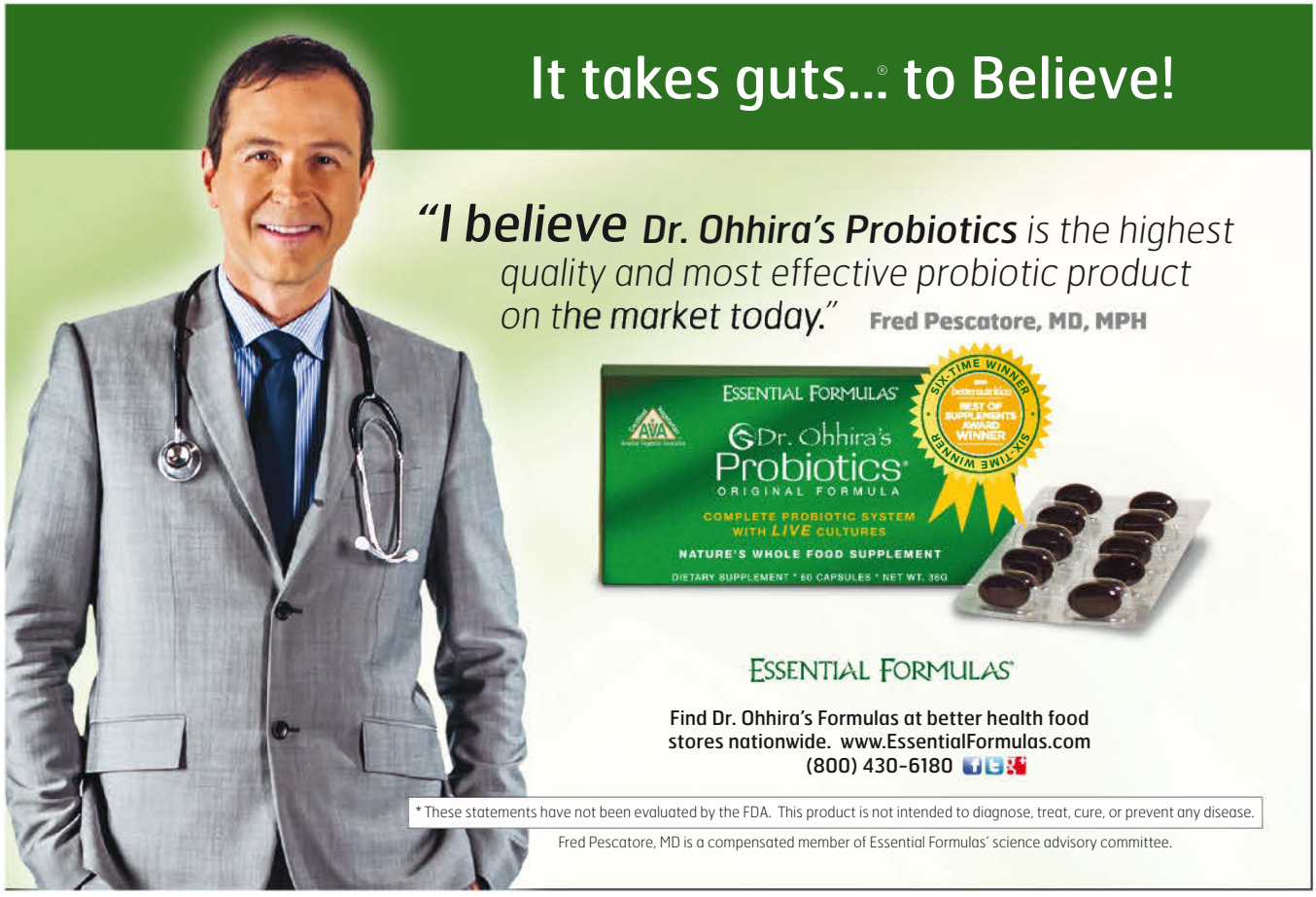
Mac and cheese. The creamier and cheesier, the better.
—HEATHER LAKE, VIA FACEBOOK

next question

What's your go-to dish for impressing non-vegetarian dinner guests?

Visit **vegetariantimes.com/tellvt** to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of *VT*.

CARIN KRASNER



happy vegiversary



READER NAME:
Allison Schweitzer

LOCATION:
Wauwatosa, Wis.

VEGETARIAN SINCE:
November 2010

Share your vegiversary at vegetariantimes.com/vegiversary.

What motivated you to go veg?
Getting a dog. Seeing the personalities animals have made it difficult to want to eat them.

What's your favorite veg-friendly restaurant, and what do you order there?
Casablanca in Milwaukee has an amazing vegetarian lunch buffet. Their falafel is to die for.

What's your most treasured piece of cookware?
I have a cake plate and spaetzle-maker that both belonged to my great-great grandmother.

What's your best advice for new vegetarians/vegans?
Bring your own dish to family functions. Then you'll absolutely have something to eat!



Circle reply #6 on Info Center card

THE buzz

PEAK SEASON

BY MATTHEW KADEY, RD

Look for this juicy, sweet-tasting fruit in festive shades of red and green

Anjou Pear

PICK Erin Gruetzman of Beilke Family Farm in Brooks, Ore., suggests avoiding pears with wrinkly skin, bruise marks, or overly soft spots. Check for ripeness by pressing gently at the neck of the fruit, she advises: "If it gives slightly, the pear is ripe." To hurry the ripening process, Gruetzman recommends placing pears in a paper bag with a ripe banana and letting ethylene gas work its magic. Once ripe, the fruit is best eaten within a day or two for the freshest taste, she says.

TRY THIS

- Kick-start your day with a smoothie made from Anjou pear, Greek yogurt, quinoa flakes, pecans, cinnamon, and ginger powder.
- Create a grilled cheese sandwich with crusty bread, Brie or Camembert cheese, sliced Anjou pear, and arugula.
- Toss cooked fusilli pasta with sliced Anjou pear, sliced fennel, grated radicchio, and toasted walnuts; season with balsamic dressing.

PHOTOGRAPHY: KATE SEARS



PREP "For cooking, such as baking pies, crisps, and tarts, Anjous should be slightly under-ripe, so they don't go mushy," Gruetzman advises. Other options include poaching, roasting, even grilling. Ripe pears can be sliced and blended into smoothies, or added to salads, pastas, or a cheese plate. Puréed soups also benefit from Anjous' tempered sweetness. "After cutting a pear, add a few drops of lemon juice to keep it from oxidizing and turning brown," says Gruetzman.

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BY ELIZABETH BARKER



wrap it up!

tip

GO WITH THE FLOW

Anything from satin to flannel can serve as furoshiki material, says Kris Sazaki: "But in general, the more the fabric drapes, the easier it is to wrap."

Want a waste-conscious gift wrap that's way simpler than fussing with paper and ribbon? Take a cue from an age-old Japanese custom called *furoshiki*, and transform scraps of fabric into wrapping that's both green and gorgeous. "Instead of ending up with garbage bags full of paper, you're presenting gifts in a very artful and beautiful and completely reusable way," says Kris Sazaki, co-author of *Furoshiki Fabric Wraps*. She also favors furoshiki for toting baked goods and other foods to parties or for wrapping a bottle of wine as a host or hostess gift.

Traditionally used to carry clothes to and from public bathhouses, furoshiki can be fashioned from scarves, cloth napkins, handkerchiefs, bandanas, bolts of sewing material, or any other lightweight fabric. Techniques abound, but you can easily master the most basic: set your gift in the center of the fabric (ideally a piece three times wider than the object), tie two of the diagonal corners into a knot, then form a second knot with the two remaining corners. "It's easier than tying your shoes," says Holly Westhoff, a Los Angeles–based jewelry designer who uses furoshiki to package her products. "But it's so unique and eye-catching, no one would ever guess that it takes no time at all."

SHOPPING OPTION

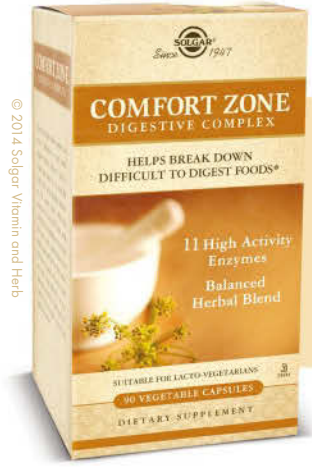
While scouring thrift stores and your own closet is a great way to find fabric for furoshiki, you can also purchase traditional wraps online. Our picks: **Hanabi** ($9; furoshiki.com) and [shown] **Give Love** ($16; chewingthecud.bigcartel.com).

PHOTOGRAPHY: ANAÏS & DAX

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BY DAVID KALMANSOHN



VITAMIN C

Dozens of fruits and vegetables are rich in vitamin C, yet it degrades easily when exposed to light, air, and heat. Also, the body fails to store this vital substance. Such obstacles to getting the vitamin through diet might explain why 18 percent of Americans are lacking the minimum 90 milligrams for men and 75 milligrams for women recommended by the National Academy of Sciences.

USE IT RIGHT

"For general health, about 200 to 500 milligrams per day is fine, though your doctor may prescribe more for specific conditions," says Robert A. Schulman, MD, author of *Solve It With Supplements*. Divide your intake into two or three doses, preferably with meals. Vitamin C is available in food-based supplements or as a synthetic called ascorbic acid. Naturally sourced vitamin C formulas, being less acidic, are often recommended for those with sensitive stomachs.

WATCH OUT FOR

"Most people can take 2 grams [2,000 milligrams] per day safely," says Schulman, "though doses above 500 milligrams may act as a purgative. Decrease your dose if loose stools develop." Levels of vitamin C can affect or be affected by aluminum-based antacids, estrogen therapy, and non-steroidal anti-inflammatory drugs. Consult your doctor if you have iron buildup or kidney stones or are being treated for cancer.

POWER SOURCE

Vitamin C is a powerful antioxidant that protects against free-radical damage leading to premature aging, heart disease, and cancer. It also improves immune function and assists in creating collagen to repair skin, blood vessels, and other tissues. And while vitamin C neither prevents nor cures the common cold, ongoing supplementation could shave a day or two off your misery when you do get sick; high doses (1 to 3 grams) taken *during* a cold are generally ineffective.

TRY



AMERICAN HEALTH ESTER-C
$18.99/120 500-mg v-caps with citrus bioflavonoids; *americanhealthus.com*



INNATE RESPONSE FORMULAS VITAMIN C-400
$68.95/180 400-mg v-tabs with fruit phenolics; *innateresponse.com*

ILLUSTRATION: NOLAN PELLETIER

BY LINDA CHILDERS

country pride



Country crooner Kellie Pickler sings the holiday classic "Deck the Halls" on the companion CD to the most recent VeggieTales animated movie, *Beauty and the Beet*. In the film, she voices the character of Mirabelle, a singer who also happens to be a sweet potato. Pickler won PETA's Sexiest Vegetarian Alive contest in 2009, a year after she went veg.

Q How do you typically spend the holidays?

Last year, I went on my seventh USO holiday tour [accompanied by her husband, songwriter Kyle Jacobs], and I definitely hope to do many more. My first trip was in 2007, and performing for the troops, and visiting with them during the holidays, rates among my most life-changing experiences.

Q In addition to the USO, don't you support several other charities?

Yes, I was recently named a celebrity ambassador for the Athena Water Warriors program in the fight against breast cancer. I've been working as a breast cancer advocate since the summer of 2012, when my best friend, Summer Miller, was diagnosed. I'm happy to say she's now cancer-free, but so many women continue to fight this disease. I hope to raise awareness to promote early detection and to help find a cure. I'm also one of the spokespersons for the American Lung Association's LUNG FORCE campaign. My grandma died from lung cancer at the age of 66, and I was surprised to learn the disease is the No. 1 cancer killer in women. I think lung cancer has touched most families, and I'm happy to be a part of this initiative to make lung cancer in women a public health priority and to increase research funding.

Q Any special holiday dishes?

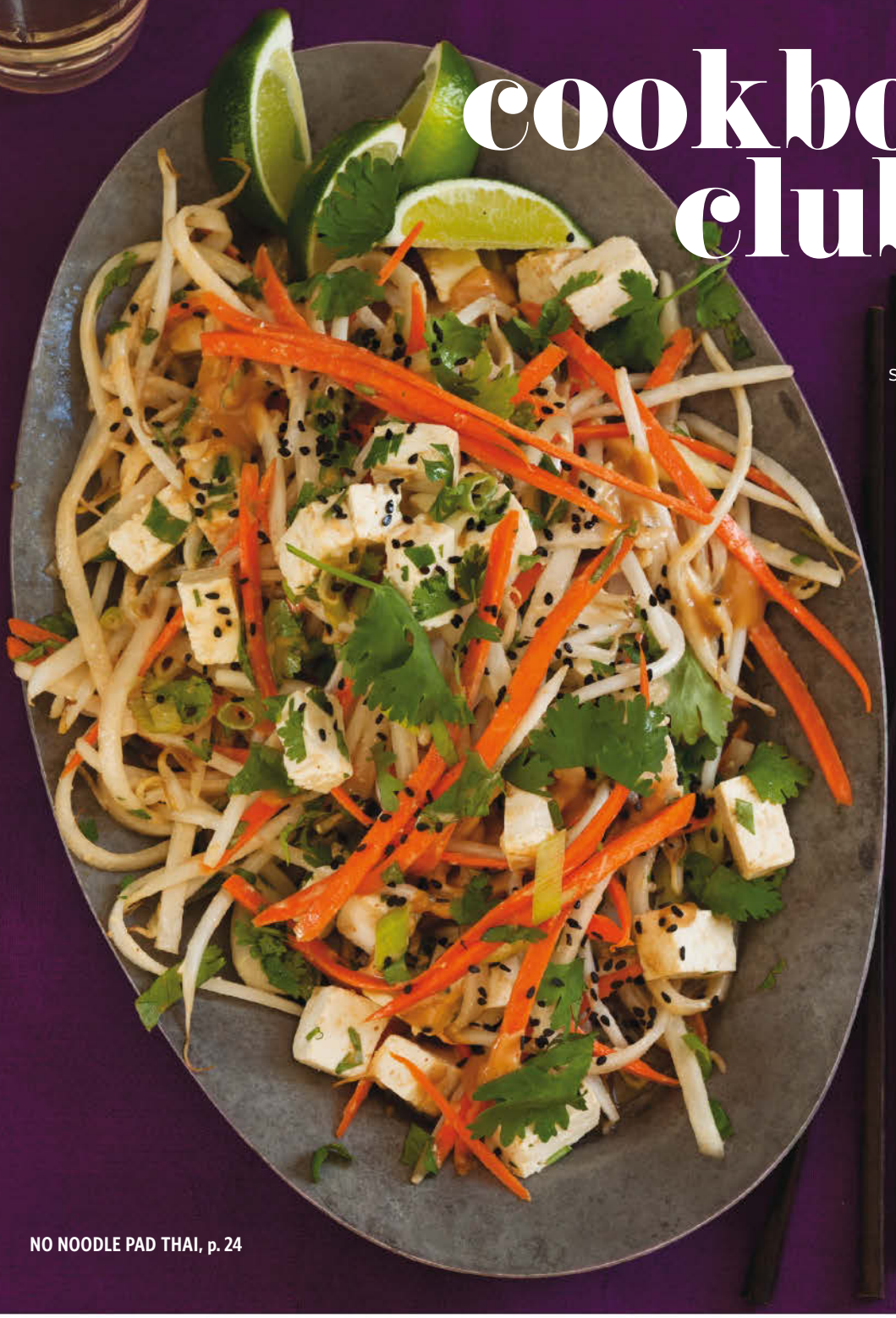
One of my favorite Southern side dishes that we make for the holidays is fried okra—pods of okra dredged in seasoned cornmeal, and then fried. I've even gotten my husband [who's not vegetarian] hooked on this dish!

COURTESY BLACK RIVER ENTERTAINMENT

GET A TASTE OF 2014'S BEST VEG AND VEGAN RECIPE COLLECTIONS

cookbook club

Gorgeously global. That pretty much sums up the *VT* staff's favorite cookbooks of the year. The authors hail from Canada, England, Australia, Sweden, Denmark, and Russia. Their recipes are vibrant, healthful, and internationally inspired. And the books themselves are as mouthwateringly beautiful as their recipes.



NO NOODLE PAD THAI, p. 24

PHOTOGRAPHY: BEATRIZ DA COSTA; FOOD STYLING: PAUL GRIMES



IN WARMER MONTHS, THESE FRITTERS CAN BE MADE WITH ZUCCHINI OR SUMMER SQUASH AND FLAVORED WITH MINT AND DILL INSTEAD OF SAGE AND NUTMEG.

Butternut Squash and Sage Fritters

MAKES 12 FRITTERS | 30 MINUTES OR LESS

These crisp vegetable fritters are Anya Kassoff's enlightened take on her mother's deep-fried version. Kassoff calls for hazelnut flour to play up the fall flavors. "Brown rice, buckwheat, oat, and almond flours work equally well. I generally use different types of gluten-free flours depending on what I have on hand," she says. Serve with sour cream or yogurt.

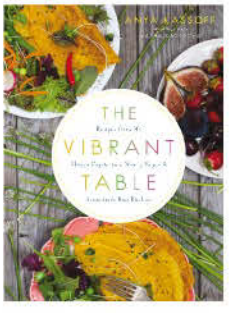
- **1½ Tbs. olive oil, divided, plus more for brushing parchment paper**
- **½ medium onion, finely chopped (¾ cup)**
- **1 clove garlic, minced (1 tsp.)**
- **2 cups peeled, shredded butternut squash (14½ oz.)**
- **½ cup hazelnut flour**
- **1½ oz. crumbled feta cheese**
- **1 large egg**
- **1½ Tbs. finely chopped fresh sage**
- **1 Tbs. finely chopped fresh parsley**
- **¼ tsp. smoked paprika**
- **1 dash grated nutmeg**

1 | Preheat oven to 400°F. Line baking sheet with parchment paper; brush with oil.
2 | Heat 1½ tsp. oil in skillet over medium-low heat. Add onion and garlic, and sauté 4 to 5 minutes, or until translucent. Transfer to bowl to cool.
3 | Wrap shredded squash in several layers of paper towels or clean kitchen towel, and squeeze to remove excess liquid. Transfer to bowl with onion and garlic, and stir in remaining ingredients. Season with salt and pepper, if desired. Shape into 12 patties, and place on prepared baking sheet. Brush with remaining 1 Tbs. oil, and bake 10 minutes. Flip with spatula, and bake 10 minutes more.

PER FRITTER 80 cal; 2 g prot; 6 g total fat (1 g sat fat); 6 g carb; 19 mg chol; 40 mg sod; 1 g fiber; 2 g sugars GF

MASHA DAVYDOVA

THE VIBRANT TABLE: RECIPES FROM MY ALWAYS VEGETARIAN, MOSTLY VEGAN, AND SOMETIMES RAW KITCHEN
By Anya Kassoff



From *The Vibrant Table*, by Anya Kassoff. © 2014 by Anya Kassoff. Photographs © 2014 by Masha Davydova. Reprinted by arrangement with Roost Books, an imprint of Shambhala Publications Inc., Boston, Mass., roostbooks.com



GREEN KITCHEN TRAVELS: HEALTHY VEGETARIAN FOOD INSPIRED BY OUR ADVENTURES
By David Frenkiel and Luise Vindahl

Cover and recipe reprinted from *Green Kitchen Travels*, by David Frenkiel and Luise Vindahl, published by Hardie Grant

No Noodle Pad Thai

SERVES 6 | 30 MINUTES OR LESS

David Frenkiel and Luise Vindahl always look for ways to make recipes healthier and greener. Here, they make a Thai favorite part salad, part main dish.

PAD THAI

- **4 carrots, peeled**
- **1 peeled daikon radish or 1 zucchini**
- **1 lb. mung bean sprouts**
- **4 green onions, finely sliced**
- **12 oz. firm tofu, sliced or diced**
- **½ cup chopped cilantro, plus more for garnish**
- **2 Tbs. black sesame seeds, plus more for garnish**
- **Lime wedges, for garnish**

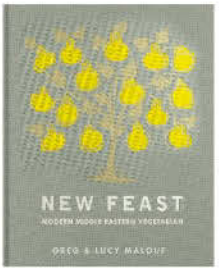
SAUCE

- **½ cup smooth natural peanut butter**
- **¼ cup lime juice**
- **2 Tbs. honey**
- **2 Tbs. low-sodium tamari or soy sauce**
- **2 tsp. grated fresh ginger**
- **1 pinch ground cayenne pepper**

1 | To make Pad Thai: Shave carrots and daikon radish into noodles using julienne peeler, mandoline, spiralizer, or potato peeler. Toss with mung bean sprouts and green onions in large bowl. Add tofu, cilantro, and 2 Tbs. sesame seeds.
2 | To make Sauce: Combine all ingredients in small bowl, adding up to 3 Tbs. water, if necessary. Pour over vegetables, and toss with hands. Serve garnished with sesame seeds, cilantro, and lime wedges.
PER 1½-CUP SERVING 276 cal; 14 g prot; 15 g total fat (2 g sat fat); 25 g carb; 0 mg chol; 253 mg sod; 6 g fiber; 14 g sugars



NEW FEAST: MODERN MIDDLE EASTERN VEGETARIAN
By Greg & Lucy Malouf



Excerpted from *New Feast: Modern Middle Eastern Vegetarian*, by Greg & Lucy Malouf, Hardie Grant, 2014

Toasted Quinoa with Crunchy Pumpkin, Cilantro, and Lime-Sumac Dressing

SERVES 4 | 30 MINUTES OR LESS

"This salad is very loosely based on classic Middle Eastern tabbouleh. We came up with the crunchy pumpkin topping after frying onions for *mujadara*, another Lebanese favorite, " says author Lucy Malouf. "Shredded pumpkin, like the onion, has lots of natural sugars, and it crisps up beautifully when you fry it." She suggests serving with griddled flat breads and a couple of tasty dips.

SALAD

- **1 cup quinoa**
- **1½ cups low-sodium vegetable broth or water**
- **1 cup peeled, grated fresh pumpkin**
- **1 cup vegetable oil**
- **½ tsp. ground cumin**
- **½ tsp. sea salt**
- **1½ cups cilantro, shredded**
- **1 tomato, diced (¾ cup)**
- **3 green onions sliced (½ cup)**
- **1 tsp. Turkish red chile flakes**

DRESSING

- **2 Tbs. olive oil**
- **1 Tbs. lime juice**
- **1 tsp. ground sumac**
- **½ tsp. ground cumin**

1 | To make Salad: Heat quinoa in skillet over medium heat 2 to 3 minutes, or until golden, stirring to ensure it colors evenly. Transfer to saucepan, and bring to a boil with broth. Reduce heat to medium-low, and simmer 14 minutes. Drain, and set aside.
2 | Squeeze grated pumpkin in clean kitchen towel to extract moisture.
3 | Heat oil in small skillet over medium heat. Add pumpkin, and cook 4 to 5 minutes, stirring constantly. (You may need to do this in batches.) Drain in sieve or strainer, and transfer to paper-towel-lined plate. Sprinkle with cumin and salt, and set aside.
4 | To make Dressing: Whisk together all ingredients in small bowl. Set aside.
5 | Toss quinoa with cilantro, tomato, onions, chile flakes, and Dressing. Top with pumpkin.
PER 1-CUP SERVING 308 cal; 7 g prot; 17 g total fat (2 g sat fat); 34 g carb; 0 mg chol; 303 mg sod; 5 g fiber; 3 g sugars V GF

PHOTOGRAPHY: © ALAN BENSON, FROM *NEW FEAST: MODERN MIDDLE EASTERN VEGETARIAN*

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Present Glo Bar

MAKES 12 BARS | 30 MINUTES OR LESS

Cinnamon, vanilla, toasted pecans, and dried cranberries make this wholesome snack bar just right for the holiday season. "If I'm giving a batch of bars as a gift, I like to wrap them in parchment paper and tie them with twine," says author Angela Liddon. "You can even string on a couple of cranberries, if desired."

- **1½ cups gluten-free rolled oats**
- **1¼ cups crispy rice cereal**
- **½ cup toasted pecans, finely chopped**
- **¼ cup pumpkin seeds**
- **¼ cup dried cranberries**
- **1 tsp. ground cinnamon**
- **¼ tsp. kosher salt**
- **½ cup brown rice syrup**
- **¼ cup roasted almond butter or peanut butter**
- **1 tsp. pure vanilla extract**

1 | Line 9-inch square baking pan with two pieces of parchment paper (one going each way).

2 | Combine oats, rice cereal, pecans, pumpkin seeds, cranberries, cinnamon, and salt in large bowl. Set aside.

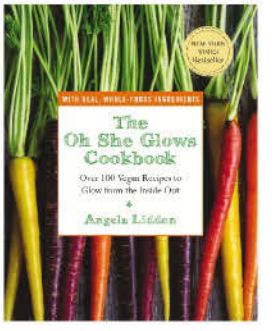
3 | Stir together brown rice syrup and almond butter in small saucepan. Heat over medium heat, or until mixture softens and bubbles slightly. Remove from heat, and stir in vanilla.

4 | Pour almond butter mixture over oats mixture, and stir until oats mixture is coated. (It will be very thick and difficult to stir.) Spread mixture in prepared pan. Lightly wet hands, and press down on mixture to even out. Use pastry roller to compact mixture firmly and evenly, if desired.

5 | Lift oat square out of pan in one piece, using parchment paper as handles, and place on cutting board. Slice into 12 bars with pizza cutter or serrated knife. Wrap bars individually in plastic wrap or foil. Store up to two weeks in refrigerator or one month in freezer.

PER BAR 192 cal; 4 g prot; 8 g total fat (<1 g sat fat); 27 g carb; 0 mg chol; 89 mg sod; 3 g fiber; 10 g sugars V GF

PHOTOGRAPHY COURTESY ANGELA LIDDON



THE OH SHE GLOWS COOKBOOK: OVER 100 VEGAN RECIPES TO GLOW FROM THE INSIDE OUT
By Angela Liddon

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AT HOME IN THE WHOLE FOOD KITCHEN: CELEBRATING THE ART OF EATING WELL
By Amy Chaplin



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My Mother's Spelt-Almond Waffles

MAKES 8 WAFFLES | 30 MINUTES OR LESS

"I got my love of good food and cooking from my mother—especially the way she infuses an element of indulgence into healthy vegetarian food!" explains Amy Chaplin.

- **1¼ cups sprouted spelt flour or whole spelt flour**
- **½ tsp. aluminum-free baking powder**
- **¼ cup almond meal**
- **2 large eggs, separated**
- **¼ cup olive oil or melted coconut oil**
- **2 Tbs. grated orange zest**
- **½ cup fresh orange juice**
- **¼ cup unsweetened almond milk or soymilk**
- **3 Tbs. brown rice syrup**
- **Coconut oil or butter for brushing waffle iron**

1 | Preheat waffle iron.
2 | Sift spelt flour and baking powder into medium bowl. Stir in almond meal.
3 | Whisk together egg yolks, olive oil, orange zest, orange juice, and almond milk in separate bowl. Stir egg yolk mixture into flour mixture. Drizzle brown rice syrup over top, and stir to incorporate.
4 | Beat egg whites in bowl until stiff peaks form. Fold egg whites into waffle batter.
5 | Brush waffle iron with coconut oil. Ladle ½ cup batter onto hot iron, close, and cook 3 to 4 minutes, or until golden brown. Repeat with remaining batter.

PER WAFFLE 227 cal; 5 g prot; 12 g total fat (3 g sat fat); 23 g carb; 47 mg chol; 60 mg sod; 3 g fiber; 6 g sugars

SERVE THESE WAFFLES TOPPED WITH YOGURT, FRESH BERRIES OR OTHER FRUIT, AND A LIGHT DRIZZLE OF MAPLE SYRUP.

JOHNNY MILLER


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BY Dawn Jackson Blatner, RD

Q IS IT TRUE THAT SOAKING NUTS, GRAINS, AND BEANS BOOSTS THEIR NUTRIENT VALUES?

A Yes. Soaking raw nuts, grains, and legumes (including lentils, peas, and beans) does make minerals such as iron, zinc, calcium, and magnesium more available to our bodies. It may slightly improve amino acid (protein) availability in these foods too. This can be especially important for vegans, who look to nuts, grains, and legumes as primary sources of protein.

Soaking helps to remove phytate, an agent in plants that locks up nutrients. Phytate is negatively charged and, like a magnet, attracts positively charged compounds such as minerals and amino acids. Because phytate attracts and binds minerals and amino acids, they're less available to our bodies.

Soaking decreases phytate in two ways: First, it activates an enzyme in plants called phytase, which breaks down phytate. Second, phytate is water-soluble, so some leaches into the soaking water that gets discarded.

Plant foods lose even more phytate when you sprout them after soaking. Soaking, then sprouting reproduces the natural process of germination—where a seed develops into a plant—and once nutrients no longer need to be stored to prepare for germination, phytate levels drop.

To sprout raw nuts, grains, or legumes: drain them from the soaking water; then place in a clean jar to about one-third full; fill the jar with water and ½ teaspoon sea salt, and cover with cheesecloth or a mesh lid; lay the jar on its side on a counter or windowsill in natural light, angling the jar so water drains off. Rinse and drain two to three times a day to prevent mold. Sprouting can take up to three days, but skipping this step and soaking alone can still help reduce phytate.

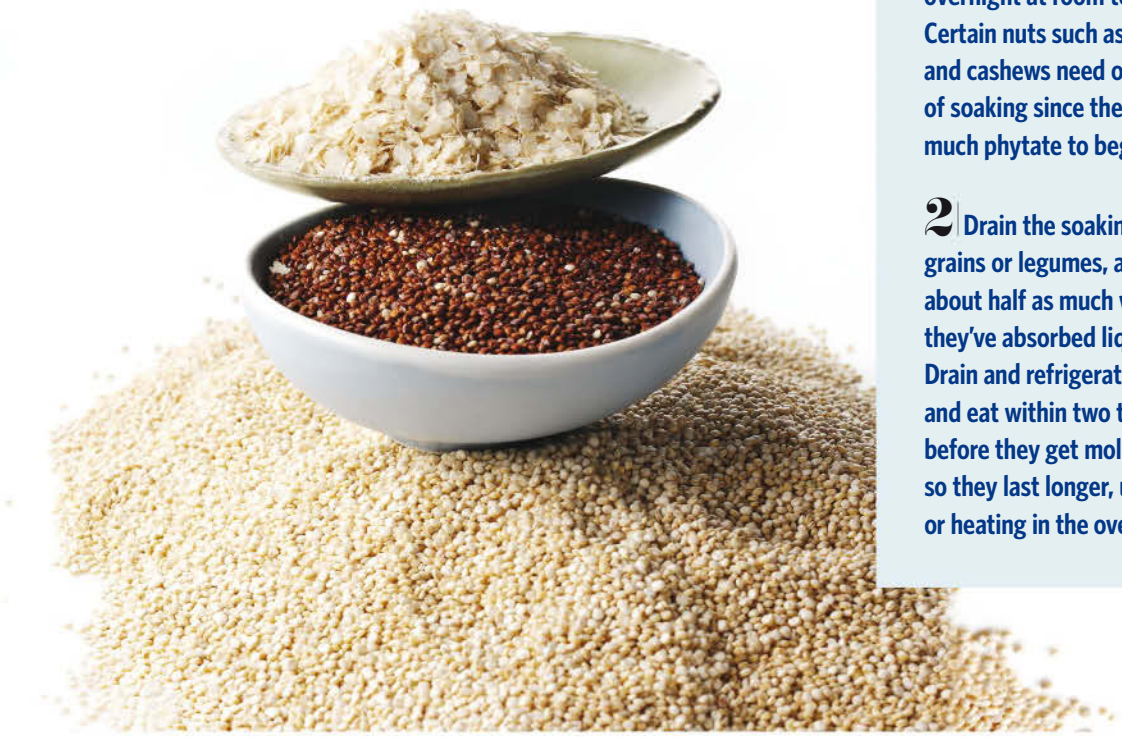


Health-food junkie Dawn Jackson Blatner, RD, is creator of the weekly e-newsletter *Nutrition WOW.*

soaking how-to

1 Place one part raw nuts, grains, or legumes in two parts warm water; cover with a kitchen towel; and leave overnight at room temperature. Certain nuts such as macadamias and cashews need only a few hours of soaking since they don't have as much phytate to begin with.

2 Drain the soaking water from grains or legumes, and cook them with about half as much water as usual since they've absorbed liquid during soaking. Drain and refrigerate soaked raw nuts, and eat within two to three days, before they get moldy. Or dry the nuts so they last longer, using a dehydrator or heating in the oven at around 200°F.



PHOTOGRAPHY: MIKE LORRIG; DAWN JACKSON BLATNER PORTRAIT: JOVANKA CORAZZINA

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† Helps curb appetite by helping you feel full.

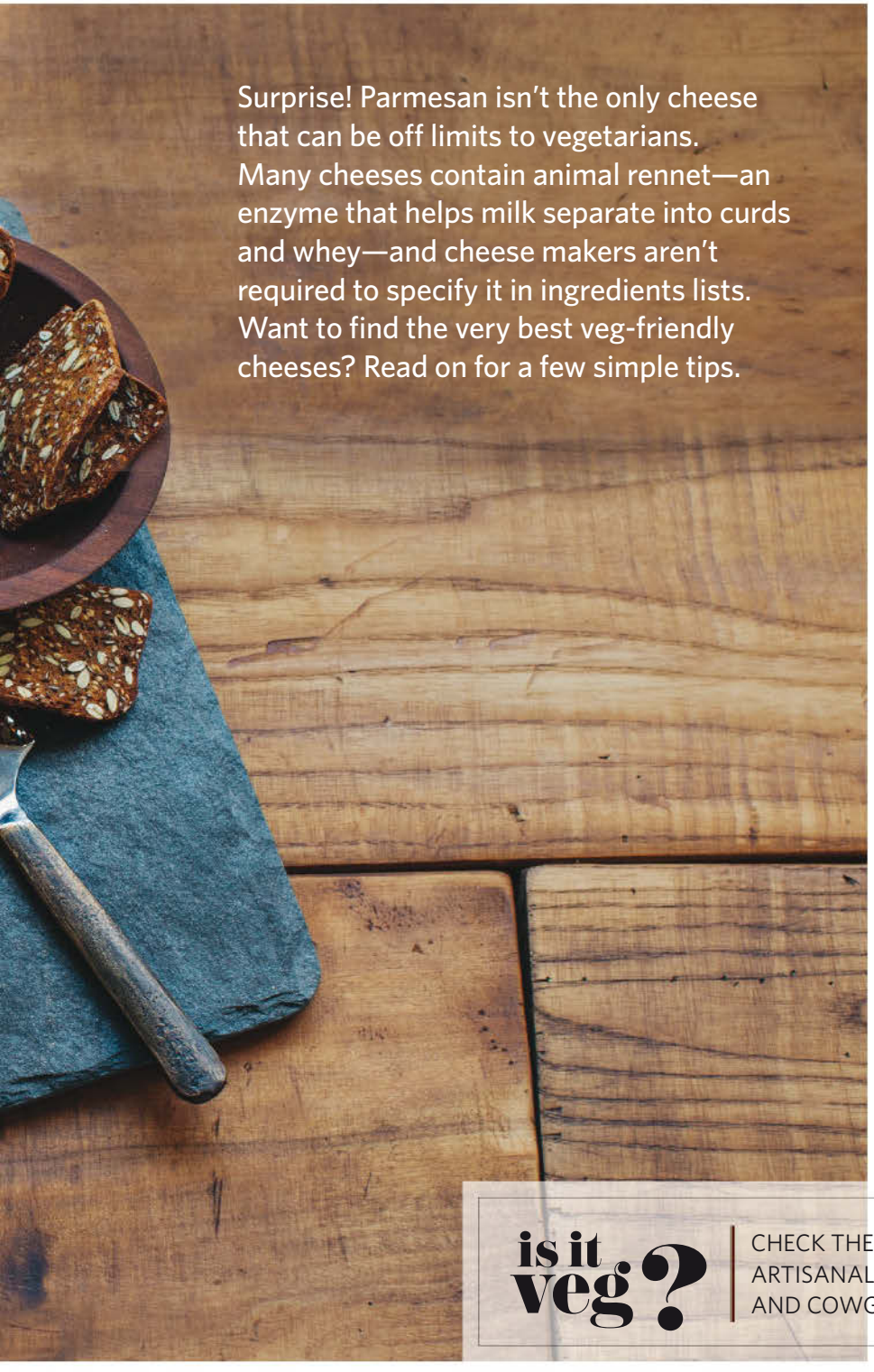
BY Tami Fertig

say cheese

IS YOUR FAVORITE WEDGE ACTUALLY VEG?



PHOTOGRAPHY Anaïs & Dax FOOD STYLING Vivian Lui PROP STYLING Scott Horne



Surprise! Parmesan isn't the only cheese that can be off limits to vegetarians. Many cheeses contain animal rennet—an enzyme that helps milk separate into curds and whey—and cheese makers aren't required to specify it in ingredients lists. Want to find the very best veg-friendly cheeses? Read on for a few simple tips.

DECODE THE LABEL

"Most cheeses are just labeled with 'milk, salt, and enzymes,'" says Brian Ralph, cavemaster at Murray's Cheese Shop in New York City. The problem? Those "enzymes" may or may not refer to animal rennet, a traditional cheese-making ingredient extracted from the stomach lining of slaughtered cows, goats, sheep, and even pigs. When in doubt, ask a knowledgeable cheesemonger for cheeses made with veg-friendly alternatives such as vegetable rennet, which typically comes from thistle plants, and microbial rennet derived from fungus, yeast, or mold. (You can safely buy fresh cheeses that don't contain rennet at all: think cream cheese and paneer.) At the supermarket? Trader Joe's and Whole Foods both label the source of rennet used in their generic-brand cheeses, many of which are vegetarian. A good cheese shop will also mark it on signs beside the cheese, notes Ralph.

RETHINK ROMANO

As a rule of thumb, be wary of fromage from across the pond. "Most European cheeses are made with animal rennet because these are age-old recipes that have always used animal rennet," explains Ralph. In fact, according to European Union law, Parmesan must contain animal rennet in order to be called Parmigiano-Reggiano. Luckily, you can still find veg versions of Parmesan (and other European-style cheeses) made State-

is it veg? CHECK THE TYPE OF RENNET USED IN SCORES OF ARTISANAL CHEESES AT MURRAYSCHEESE.COM AND COWGIRLCREAMERY.COM.

side. We love Organic Valley Shredded Parmesan and BelGioioso Vegetarian Parmesan, a grate-it-yourself wedge. Into English Cheddar? More and more British cheeses are being made—and labeled—vegetarian. Also, a handful of traditional Spanish and Portuguese sheep's cheeses, including La Serena and Zimbro, use vegetarian thistle rennet, which has a distinctly briny flavor.

AIM FOR ORGANIC

Concerned about cheese—veg or not—coming from animals treated inhumanely? Choose organic, when possible: "The bulk of conventional milk production comes from farms that confine their cows to buildings or feedlots during virtually all their productive lives," says Mark Kastel, co-founder of the Cornucopia Institute. "These cows don't have the opportunity to exhibit their natural, instinctive behavior, such as grazing on fresh grass." Read the Cornucopia Institute's Dairy Scorecard at cornucopia.org to see which organic cheese makers provide the most pasture time, prohibit the use of hormones, and more. "Most 'farmstead' cheese producers, who have a small processing plant right on the farm, go far beyond the minimum required by the USDA organic program," notes Kastel. Check out the farmstead cheeses at your local farmers' market, where you can ask directly about farming practices.

the kosher question

WHILE MOST CERTIFIED-KOSHER CHEESES ARE VEGETARIAN, THEY *CAN* BE MADE WITH ANIMAL RENNET AS LONG AS IT'S CERTIFIED KOSHER. CHECK THE LABEL TO BE SAFE.

CONSIDER THE ALTERNATIVES

Cutting back on dairy? There's no shortage of easy-to-find cheese substitutes these days, with artisanal nut-based goodies such as Treeline, Dr-Cow, and Kite Hill appealing to vegans and omnivores alike. "The team at Kite Hill did an amazing thing by getting its cheeses into the regular dairy case at Whole Foods," says Elizabeth Castoria, author of *How to Be Vegan*. "It really shows that dairy-free cheeses are new options for any kind of diner." To make quesadillas, grab melty Go Veggie!, Daiya, or Follow Your Heart. Craving Parmesan? Castoria prefers Parmela, a topping made from almonds, cashews, and nutritional yeast. "And there's pretty much no point to making nachos without Teese," she adds. Be sure to check the ingredients: some soy cheeses contain casein, a milk protein.



PERFECT PLATE

Serving cheese at your holiday party? Brian Ralph, cavemaster at Murray's Cheese Shop in New York City, suggests picking three to five kinds. "Any more than that and you'll overwhelm your guests," he says.

Here are some of our favorites:

CREAMY COWGIRL CREAMERY ORGANIC MT TAM
Step aside, Brie—this triple-cream cheese is just as rich and buttery.

FRESH VERMONT CREAMERY FRESH GOAT CHEESE CLASSIC CHÈVRE Pair this little log with fig jam for tangy-sweet wow factor.

SWEET REDWOOD HILL FARM AGED GOAT CHEDDAR
A mild, tasty twist on classic Cheddar. Also try the smoked variety.

FUNKY ROGUE CREAMERY OREGON BLUE CHEESE
This bold, velvety blue cheese goes great with dried fruit.

NUTTY POINT REYES FARMSTEAD TOMA
Swap out Gouda for this crowd-pleaser. (And save extra for grilled cheese!)

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BY Mary Margaret Chappell



Breakfast sausages have always been a guilty pleasure, even without the pork. This recipe changes all that. Spicy and smoky, these zesty, bean-based sausages are infused with hemp seeds and held together with iron-rich masa harina instead of flour, eggs, or dairy.

SKIP THE GUILT, AND SINK YOUR TEETH INTO THESE HEARTY MORNING PATTIES

breakfast sausage

Spicy Hemp Breakfast Sausages

MAKES 24 SAUSAGE PATTIES OR LINKS

Masa harina, the corn flour used to make tortillas and tamales, holds these sausages together. The mixture can be shaped into patties or links and refrigerated three days or frozen up to six months.

SPICE LIQUID

- **2 Tbs. pure maple syrup**
- **2 Tbs. dried parsley**
- **2 Tbs. rubbed dried sage**
- **2 tsp. garlic powder**
- **2 tsp. liquid smoke**
- **1½ tsp. dried oregano**
- **1½ tsp. smoked paprika**
- **1½ tsp. black pepper, preferably coarsely ground**
- **1½ tsp. salt**
- **1½ tsp. dried thyme**
- **¼ tsp. red pepper flakes**

SAUSAGE MIX

- **½ cup plus 2 Tbs. masa harina**
- **1 cup hemp seeds**
- **1 tsp. olive oil, plus ¼ cup more for cooking sausages, optional**
- **1 15-oz. can pinto or kidney beans, rinsed and drained**

1 | To make Spice Liquid: Place all ingredients in medium bowl. Stir in 2 cups boiling water. Set aside 5 minutes to steep and develop flavor.

2 | To make Sausage Mix: Stir 1 cup warm Spice Liquid into masa harina. Let stand 5 minutes to rehydrate masa harina, then stir in hemp seeds.

3 | Heat 1 tsp. oil in large skillet over medium-high heat. Add ½ cup beans and ⅓ cup Spice Liquid. Using potato masher or back of spoon, mash beans into Spice Liquid. Cook 3 to 4 minutes, or until liquid evaporates, stirring frequently. Add ½ cup beans and ⅓ cup Spice Liquid, and mash and cook again, stirring. Add remaining ½ cup beans and remaining ⅓ cup Spice Liquid, and cook 5 to 7 minutes, or until mixture is thick and dry.

4 | Stir bean mixture into masa harina mixture. Cool, or refrigerate overnight.

5 | Use damp hands to shape Sausage Mix into 2-inch patties or small links.

6 | Coat non-stick skillet with cooking spray, or heat ¼ cup oil, if using, in skillet over medium heat. Cook sausages 3 to 5 minutes on each side, or until deep brown and crispy. Drain on paper towels. Cool 3 to 5 minutes before serving.

PER SAUSAGE 73 cal; 4 g prot; 3 g total fat (<1 g sat fat); 8 g carb; 0 mg chol; 173 mg sod; <1 g fiber; 1 g sugars V GF

PHOTOGRAPHY: KATE SEARS; FOOD STYLING: LIZA JERNOW; PROP STYLING: SARAH CAVE

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molasses



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BY Mary Margaret Chappell

THERE'S NOT MUCH A DUTCH OVEN CAN'T DO

the everything pot

The French term for a Dutch oven is *faitout*, which loosely translates to "do everything." Heavy-bottomed and ovenproof with a tight-fitting lid, the thick metal pots heat evenly and hold heat well so veggies sear and sizzle, soups simmer slowly, frying oil stays hot, and puddings don't stick.



BRAISED FENNEL AND CARROTS WITH CILANTRO GREMOLATA, p. 42

STAUB OVAL COCOTTE IN GRAPHITE FROM SURLATABLE.COM

FOOD PHOTOGRAPHY: KATE SEARS; FOOD STYLING: LIZA JERNOW; PROP STYLING: SARAH CAVE



TRADITIONAL TAPIOCA PUDDING WITH A HOLIDAY TWIST, p. 42

DUTCH OVEN PRIMER

FOR STOVE-TOP USE, FOLLOW THESE TIPS:

1.

PRE-HEAT WELL

Place oil or butter in cold Dutch oven, then heat or melt over medium or low heat 3 to 5 minutes, making sure the bottom becomes completely coated in oil to prevent sticking. Tip: to use less fat, use a paper towel or brush to spread oil conservatively.

2.

KEEP HEAT LOW

Dutch ovens may take a few minutes to get hot, but they hold heat extremely well, meaning you don't need to go above medium when cooking.

3.

STIR WITH NON-METAL UTENSILS

While the enamel lining and seasoned cast iron on most Dutch ovens is scratch-resistant, it's not scratch-proof. For consistent non-stick results, use wood or silicone spatulas to stir.

gear guide

These days, manufacturers are calling just about any large pot with a tight-fitting lid a Dutch oven. Cast iron is the way to go, though, and a 5- to 6-quart model is just the right size for everyday and casual entertaining. Here, a few of our favorite models.



LE CREUSET RAYMOND LOEWY COQUELLE
This magnificent 5-quart mid-century limited-edition vessel has all the attributes of its round and oval cousins. $375; lecreuset.com



TRAMONTINA 5.5-QT. DUTCH OVEN
The price is right for this sturdy enameled cast-iron version available in many retail stores. $99.99; target.com

LODGE DUTCH OVEN WITH LOOP HANDLES
Skip the enamel and stick with seasoned cast iron (just like the skillets) for an affordable, American-made option. $60; lodgemfg.com



STAUB 5.5-QT. ROUND COCOTTE
The black enamel coating of this French Alsatian classic model won't stain. $284.99; zwillingonline.com



GEAR PHOTOGRAPHY: VICTORIA WALL HARRIS; FOOD PHOTOGRAPHY: KATE SEARS; FOOD STYLING: LIZA JERNOW; PROP STYLING: SARAH CAVE

Three Sisters Savory Cobbler

SERVES 12

In Native American lore, the three sisters refer to corn, squash, and beans, which were traditionally grown together. The cobbler filling can be made ahead and baked with the topping just before serving.

FILLING

- 2 Tbs. olive oil
- 3 medium onions, halved and thinly sliced (4 cups)
- 1 large red bell pepper, cut into 1-inch pieces (2 cups)
- ¼ cup all-purpose flour
- 2 Tbs. tomato paste
- 4 cloves garlic, minced (4 tsp.)
- ½ cup dried black-eyed peas
- 2–3 sprigs each of thyme, rosemary, sage, and marjoram, tied together with twine
- 3 Tbs. strong Dijon mustard
- 6 oz. kale or Swiss chard, coarsely chopped (4 cups)
- 1 medium butternut squash, peeled and cut into 1-inch pieces (4 cups)
- 1½ tsp. chipotle pepper sauce, such as Tabasco, or more to taste

TOPPING

- 1 cup low-fat milk
- 2 Tbs. chopped fresh sage
- 1 cup all-purpose flour
- 1 cup finely ground yellow cornmeal
- 1½ tsp. baking powder
- ½ tsp. baking soda
- ¾ tsp. salt
- 1 large egg

1 | To make Filling: Heat oil in 5-qt. Dutch oven over medium heat. Add onions, and cook 7 to 10 minutes, or until very brown. Add bell pepper, and cook 3 minutes more, or until bell pepper is softened. Sprinkle mixture with flour, and stir to coat. Cook 2 minutes, stirring constantly. Stir in 6 cups water, tomato paste, and garlic. Add black-eyed peas and herb bundle; cover pan, and bring to a boil. Reduce heat to medium-low, and simmer 30 to 45 minutes, or until black-eyed peas are just tender.

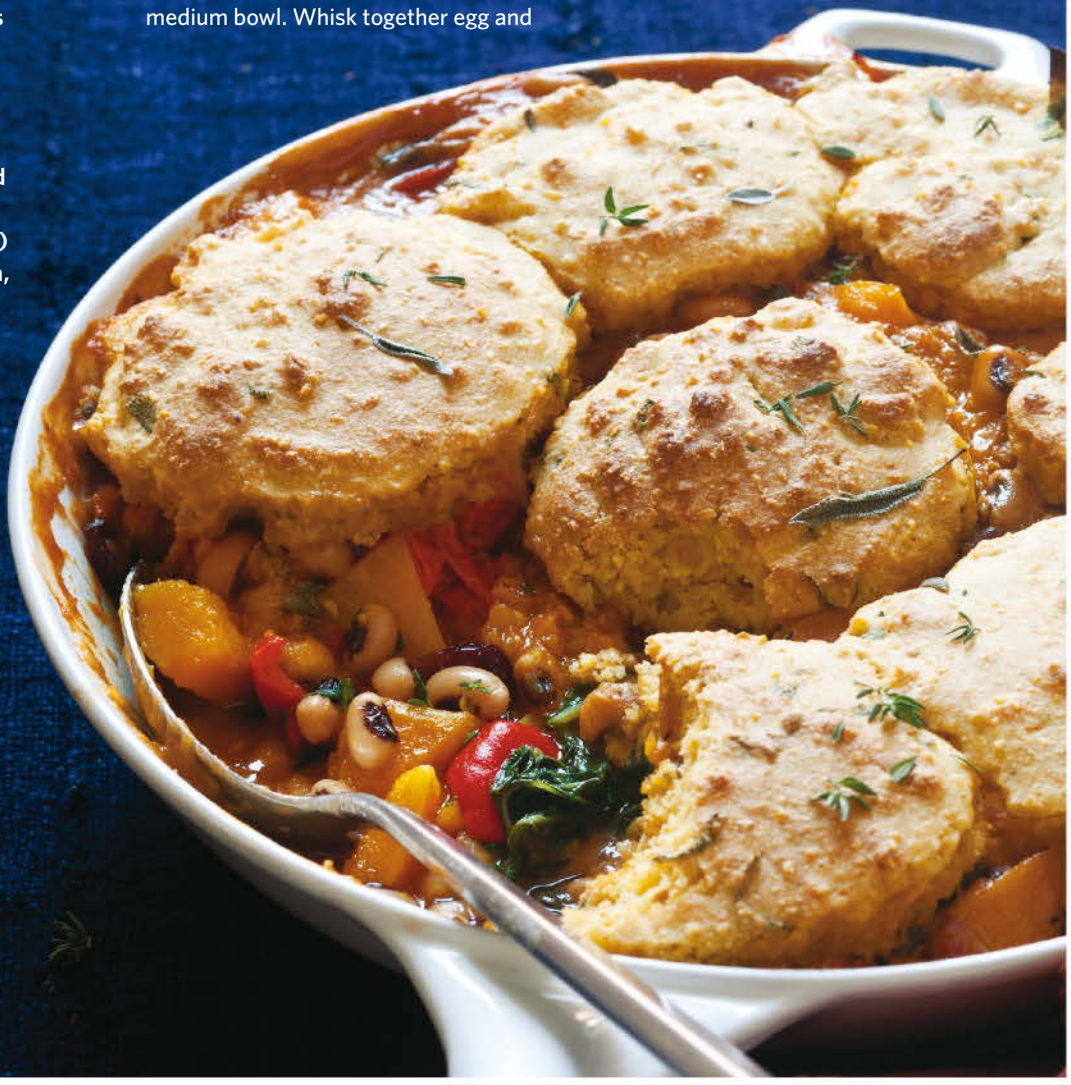
2 | Meanwhile, to make Topping: Warm milk in small saucepan until hot to touch. Remove from heat, and stir in sage. Cool 15 minutes.

3 | Whisk together flour, cornmeal, baking powder, baking soda, and salt in medium bowl. Whisk together egg and cooled milk mixture in large bowl. Stir in cornmeal mixture.

4 | Preheat oven to 425°F. Remove herb bundle from Filling. Stir in mustard, then add kale. Cover pan, and simmer 5 minutes, or until greens are wilted. Add butternut squash, stirring to combine, and season with salt and pepper, if desired. Cover, and simmer 10 minutes. Stir in chipotle pepper sauce.

5 | Remove Filling from heat. Drop Topping over Filling with 2-Tbs. cookie scoop, or roll out on floured work surface, cut into rounds, and place rounds over Filling, covering completely. Bake uncovered 15 minutes, or until Topping is golden brown.

PER 1½-CUP SERVING 206 cal; 7 g prot; 4 g total fat (<1 g sat fat); 37 g carb; 17 mg chol; 405 mg sod; 6 g fiber; 6 g sugars



PHOTOGRAPHY: BEATRIZ DA COSTA; FOOD STYLING: SID MCDOWELL

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BRAISED FENNEL AND CARROTS WITH CILANTRO GREMOLATA

Braised Fennel and Carrots with Cilantro Gremolata

SERVES 6

Fennel and carrots are seared and then simmered in a spicy tomato-based broth for a vegetable dish that can be served as a side or spooned over grains for a light meal.

VEGETABLES

- **3 Tbs. olive oil, divided**
- **4 small heads fennel, trimmed and quartered, or 2 large heads fennel, trimmed and cut into eighths, fronds reserved for Gremolata**
- **1 lb. carrots, cut into long sticks**
- **3 small onions, each cut into 8 wedges (8 oz.)**
- **1 15-oz. can whole tomatoes, drained, tomatoes cut into 2-inch pieces**
- **1 15-oz. can chickpeas, rinsed and drained, optional**
- **¾ cup raisins**
- **1 tsp. ground cumin**
- **1 tsp. ground coriander**
- **1 tsp. ground ginger**

GREMOLATA

- **2 cups loosely packed cilantro leaves and tender stems, chopped**
- **¼–½ cup fresh fennel fronds, chopped**
- **2 Tbs. grated or thinly sliced lemon zest**
- **2 cloves garlic, minced (2 tsp.)**

1 | To make Vegetables: Heat 1 Tbs. oil in 5- to 6-qt. Dutch oven over medium-high heat. Add fennel, and cook 5 minutes, turning once or twice, or until well-browned on all sides. Transfer to bowl, and set aside.

2 | Add 1 Tbs. oil to Dutch oven, then add carrots. Cook 5 minutes, turning once or twice, or until carrots begin to turn deep brown. Transfer to bowl with fennel.

3 | Add remaining 1 Tbs. oil to Dutch oven, then add onions. Cook 2 to 3 minutes, turning once or twice, or until onions begin to turn deep brown. Add 2½ cups water, and use spatula to scrape any stuck-on bits from bottom of Dutch oven. Stir in tomatoes (reserve liquid for another use), chickpeas, raisins, cumin, coriander, and ginger. Return fennel and carrots to pot, and season with salt and pepper, if desired. Cover, reduce heat to medium-low, and simmer 45 minutes, or until Vegetables are tender.

4 | Meanwhile, to make Gremolata: Stir together all ingredients in small bowl.

5 | Sprinkle servings of Vegetables with 1 tsp. Gremolata; use remainder for garnish.

PER 1-CUP SERVING 217 cal; 4 g prot; 7 g total fat (1 g sat fat); 38 g carb; 0 mg chol; 231 mg sod; 8 g fiber; 23 g sugars V GF

Traditional Tapioca Pudding with a Holiday Twist

SERVES 8

Use the highest-quality whole milk and the freshest eggs you can find to make this creamy, comforting pudding. For a more basic everyday treat, simply omit the dried fruit.

- **6 cups whole milk, preferably organic, divided**
- **½ cup pearl (not quick-cooking) tapioca**
- **1 vanilla bean, split lengthwise**
- **2 large eggs, lightly beaten**
- **¼ cup plus 1 Tbs. Sucanat evaporated cane sugar, divided**
- **¼ tsp. salt**
- **1 cup dried cranberries or raisins, plus more for garnish, optional**
- **1 cup dried apricots, cut into dried cranberry-size pieces, plus more for garnish, optional**
- **1 cup chopped dried apple rings, plus more for garnish, optional**

1 | Stir together 1 cup milk and pearl tapioca in 6-qt. Dutch oven. Scrape seeds from vanilla bean, and add seeds and scraped pod to tapioca mixture. Let steep 15 minutes.

2 | Whisk together eggs and 1 Tbs. sugar in medium bowl.

3 | Stir remaining 5 cups milk, remaining ¼ cup sugar, and salt into tapioca mixture. Bring to a simmer over medium-low heat. Simmer 15 to 25 minutes, or until tapioca is transparent and mixture has thickened, stirring often with rubber spatula to prevent sticking.

4 | Remove pan from heat. Whisk 1 cup tapioca mixture (using as much liquid as possible) into eggs to temper.

PHOTOGRAPHY: KATE SEARS; FOOD STYLING: LIZA JERNOW; PROP STYLING: SARAH CAVE

5 | Stir egg mixture into tapioca mixture, then return pan to heat, and simmer 2 minutes more, or until pudding thickens and foam on top disappears, stirring constantly. Stir in 1 cup each dried cranberries, dried apricots, and chopped apple rings, then remove pan from heat. Let cool, stirring occasionally. Transfer pudding to refrigerator to cool completely.
6 | Spoon ¾ cup pudding into each of 8 serving glasses or bowls. Garnish with dried fruit, if using.

PER ¾-CUP SERVING 205 cal; 5 g prot; 5 g total fat (3 g sat fat); 37 g carb; 43 mg chol; 130 mg sod; 2 g fiber; 27 g sugars

Vegan Jelly Doughnuts

MAKES 15 FULL-SIZE OR 32 SMALL DOUGHNUTS

Just in time for Hanukkah, here's a jelly doughnut recipe that doesn't require dairy or eggs. Just fill with your favorite jam or jelly.

- **1¼ cups almond milk or coconut milk beverage**
- **6 Tbs. vegan buttery baking sticks, such as Earth Balance, cut into small pieces**
- **3½ cups all-purpose flour, plus more for kneading and rolling**
- **5 Tbs. sugar, plus more for dusting**
- **1 0.25-oz. pkg. active dry yeast**
- **1 tsp. salt**
- **½ tsp. baking soda**
- **1 qt. vegetable oil**
- **1 8-oz. jar jam or jelly**

1 | Warm almond milk and pieces of baking sticks in small saucepan until melted. Cool until just warm to touch.
2 | Whisk together flour, sugar, yeast, salt, and baking soda in large bowl. Stir in milk mixture until smooth dough forms. Turn out dough onto well-floured work surface, and knead 8 to 10 minutes, or until dough is smooth and elastic, and no longer sticks to your hands. Gather dough into ball, place in floured bowl, cover, and let rise 1½ to 2 hours in warm place.
3 | Punch down dough, then transfer to floured work surface. Roll to ¼-inch thickness. Cut into 15 3½-inch circles or 32 2-inch circles. Place on parchment- or wax-paper-lined baking sheet. Let rise 1 hour, or until soft and puffy.
4 | Heat oil in 5-qt. Dutch oven until temperature reads 350°F on cooking thermometer. Drop dough circles into oil, and cook 1 to 2 minutes per side, or until golden brown. Transfer to wire rack to cool.
5 | With pastry piping tip or round bottom of wooden spoon, poke small holes in one side of each doughnut. Place jam in piping bag fitted with medium round tip, and pipe 2 to 3 Tbs. jam into each large doughnut, 2 tsp. into each small doughnut. Roll doughnuts in or dust with sugar.

PER FULL-SIZE DOUGHNUT 260 cal; 4 g prot; 9 g total fat (2 g sat fat); 41 g carb; 0 mg chol; 218 mg sod; 1 g fiber; 13 g sugars

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By Stacy Adimando

WHIP UP A BATCH OF GOURMET POPCORN FOR A QUICK SNACK OR FANCY PARTY NIBBLES



JALAPEÑO-LIME POPCORN

TOFFEE-ALMOND POPCORN

pop sensations

"Gourmet popcorn" used to mean tall bags or giant cans of salty, sugary, often artificially seasoned kernels. Not anymore. Freshly popped kernels and inspired flavor combinations are redefining the term and winning new fans along the way.

PHOTOGRAPHY Victoria Wall Harris FOOD STYLING Vivian Lui PROP STYLING Scott Horne



Jalapeño-Lime Popcorn

SERVES 8 | 30 MINUTES OR LESS

For just a hint of heat, strain the jalapeño pieces out of the oil before drizzling it over the popcorn.

- ¼ cup olive oil
- 2 Tbs. thinly sliced jalapeño chile
- 8 cups freshly popped hot popcorn
- 2 Tbs. grated lime zest
- ⅓ cup loosely packed cilantro leaves, coarsely chopped

1 | Heat oil and jalapeño in small skillet over medium heat. Cook 1 minute, or until jalapeño sizzles. Season with salt, if desired, and continue cooking 2 minutes more. Remove from heat, and cool slightly.

2 | Drizzle popcorn with oil-jalapeño mixture. Sprinkle with lime zest and cilantro.

PER 1-CUP SERVING 92 cal; 1 g prot; 7 g total fat (<1 g sat fat); 7 g carb; 0 mg chol; 1 mg sod; 1 g fiber; <1 g sugars V GF



Toffee-Almond Popcorn

SERVES 8 | 30 MINUTES OR LESS

Butter and brown sugar are cooked together to make a rich toffee for this decadent treat. Corn syrup helps prevent the caramel from crystallizing as it cooks. If you don't want to use corn syrup, substitute Lyle's Golden Syrup, which is made from cane sugar.

- 6 cups freshly popped hot popcorn
- ¾ cup roasted almonds, coarsely chopped
- 6 Tbs. butter
- 1 cup light brown sugar
- ¼ cup plus 2 Tbs. light corn syrup

1 | Line large baking sheet with aluminum foil. Place popcorn in very large heat-proof bowl with room for stirring; sprinkle almonds on top.

2 | Melt butter, brown sugar, and corn syrup in medium saucepan over medium heat, stirring to combine. Place candy thermometer in mixture, and let mixture come to a boil. Boil, stirring frequently with heat-proof whisk or spatula to prevent caramel from burning, until caramel darkens and candy thermometer registers 280°F. Remove pan from heat, and season with salt, if desired.

3 | Working quickly, drizzle popcorn and nuts with caramel, tossing rapidly with two heat-proof spatulas to coat popcorn and nuts and prevent clumping. Spread on foil-lined sheet pan, and let cool at least 10 minutes.

PER 1-CUP SERVING 329 cal; 4 g prot; 16 g total fat (6 g sat fat); 47 g carb; 23 mg chol; 87 mg sod; 2 g fiber; 40 g sugars GF

DIY

popcorn.

Popcorn poppers and microwaveable bags are convenient, but they're not necessary. Here's how to get perfect results when you pop your own kernels.

ON THE STOVE TOP

Use a paper towel to spread 2 tsp. vegetable or olive oil over bottom of a medium or large heavy-bottomed saucepan. Add ¼ cup popcorn kernels, cover pan, and cook undisturbed over medium-low heat until popping becomes vigorous. Once popping starts to slow, give the pan a shake, and remove from heat. When popping has slowed to 2- to 3-second intervals between pops, transfer to serving bowl.

IN THE MICROWAVE

Place ¼ cup popcorn kernels in a flat-bottomed brown paper lunch bag, and seal the bag by folding the top lip over twice (do not staple). Place bag on its flat side in microwave, and heat 2 to 3 minutes on high power, or until popping slows to 2- to 3-second intervals between pops. Alternatively, place kernels in a medium microwave-safe bowl and set a microwave-safe plate on top to seal.

Pistachio and Pink Pepper Popcorn

SERVES 8 | 30 MINUTES OR LESS

Pink peppercorns give this pistachio-laced snack a subtle kick and a pretty color. Agave helps hold it all together in little clusters.

- ¼ cup plus 2 Tbs. unsalted, shelled raw pistachios
- 4 Tbs. olive oil
- 2 Tbs. light agave nectar
- 8 cups freshly popped hot popcorn
- ¾ tsp. pink peppercorns, coarsely ground

1 | Toast pistachios in dry skillet over medium-high heat 2 minutes, shaking pan occasionally, or until lightly browned and fragrant. Cool slightly, then coarsely chop.

2 | Warm oil and agave in small saucepan over medium-low heat until blended and foaming, stirring occasionally. Season with salt, if desired.

3 | Drizzle oil mixture onto popcorn; sprinkle with pistachios and pink pepper. Toss to distribute evenly.

PER 1-CUP SERVING 139 cal; 2 g prot; 10 g total fat (1 g sat fat); 12 g carb; 0 mg chol; <1 mg sod; 2 g fiber; 5 g sugars V GF





Truffle-Porcini Popcorn

SERVES 8 | 30 MINUTES OR LESS

If you think warm buttered popcorn smells good, wait until you get a whiff of truffle oil in the mix. Paired with freshly ground porcini powder, it's the ultimate savory snack.

- 6 Tbs. truffle oil
- 1½ tsp. minced fresh rosemary, divided
- ¼ cup dried porcini mushrooms, finely ground in spice grinder or coffee grinder, divided
- 8 cups freshly popped hot popcorn
- 1 tsp. white pepper

1 | Heat truffle oil, 1 tsp. rosemary, and 1 tsp. porcini powder in a small saucepan over medium heat 2 minutes, or until warm and sizzling. Season with salt, if desired.

2 | Pour truffle oil mixture over popcorn, and toss well to coat. Sprinkle with remaining ½ tsp. rosemary, remaining 1 tsp. porcini powder, and white pepper.

PER 1-CUP SERVING 138 cal; 3 g prot; 11 g total fat (1 g sat fat); 9 g carb; 0 mg chol; 2 mg sod; 2 g fiber; <1 g sugars V GF



Sweet Sesame Popcorn

SERVES 8 | 30 MINUTES OR LESS

Think of this sweet-and-salty snack as an Asian-inspired kettle corn.

- ¼ cup. toasted sesame oil
- 1 Tbs. plus 1 tsp. honey
- 4 tsp. black sesame seeds, divided
- 4 tsp. white sesame seeds, divided
- 8 cups freshly popped hot popcorn

1 | Warm sesame oil and honey in small saucepan over low heat, stirring occasionally to blend. Stir in 2 tsp. each of black and white sesame seeds, and cook 3 minutes, stirring constantly, or until lightly toasted and fragrant. Season with salt, if desired.

2 | Drizzle oil mixture over popcorn, and sprinkle remaining 2 tsp. each of black and white sesame seeds over top. Stir to distribute evenly.

PER 1-CUP SERVING 119 cal; 2 g prot; 9 g total fat (1 g sat fat); 10 g carb; 0 mg chol; 1 mg sod; 2 g fiber; 3 g sugars GF

Stacy Adimando is a freelance food and travel journalist, cookbook author, and culinary instructor.

fresh finds

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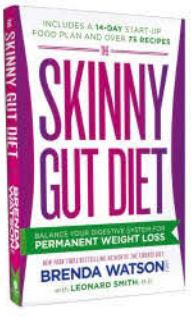


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BY Lisa Barley



ANIMAL ADOPTION DOS AND DON'TS

rescue me

Sharing your home with a pet can be one of the most rewarding experiences of your life. Not only will you benefit from the joys of a furry friend's unconditional love, but a pet can have a positive impact on your health, from helping you stay physically active to reducing stress and lowering blood pressure.

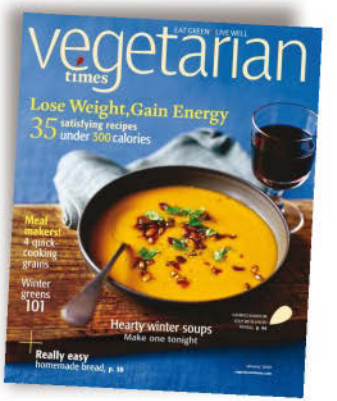
Not sure where to start? Love the idea of rescuing an animal but worried about taking on a pet that someone else has given up? Here, we dispel myths and share tips to help you make the most of your adoption experience.

ILLUSTRATIONS Susie Ghahremani

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DON'T ***act on impulse.*** "You don't have to be perfect, but you do need to understand that a pet requires someone to be responsible for its care, feeding, exercise, grooming, and health," says Gregory Castle, CEO of Best Friends Animal Society. Also, make sure you're in it for the long haul. The adorable kitten you meet today could live for 20 years—are you ready to care for her through moves, family changes, health issues, and whatever else life throws your way? "An important factor is if you are financially stable enough to bring home a pet," says Pamela Barlow, behavior counselor at the ASPCA Adoption Center. "Unexpected costs can arise, and you need to have a financial plan in place to provide the appropriate and necessary care." Not sure how much to budget? Check out aspca.org/adopt/pet-care-costs.

"YOU DON'T HAVE TO BE PERFECT, BUT YOU DO NEED TO UNDERSTAND THAT A PET REQUIRES SOMEONE TO BE RESPONSIBLE FOR ITS CARE."

DO ***consider fostering first.*** If you've never had a pet, think about providing a temporary home for a rescued animal. "Being a foster home for a shelter or rescue is a great way to become familiar with what's involved," Castle says. A home environment is more relaxing than a shelter for a dog or cat, and you can test-drive pet ownership while helping an animal prepare for a lasting home. You may even find the perfect match with a pet you foster.

DON'T ***assume that a pet store or breeder is the best option if you want a puppy or a specific breed.*** "You can absolutely find puppies at rescue groups," says Barlow. "Never purchase a puppy from a pet store; most come from puppy mills, which are large-scale inhumane breeding operations that place profit over the well-being of the animals. Remember that for every puppy that is purchased, another is waiting even longer in a shelter for their perfect home."

Whether you're dreaming of a Maltese or a mastiff, there are rescue groups dedicated to nearly every breed. To find adoptable dogs and cats in your area, visit aspca.org/adopt or petfinder.com; you can search by breed, age, and gender, and set filters to find animals that are good with children and other pets.

DO ***consider the benefits of adopting an adult cat or dog.*** "Many shelter dogs already have some basic training, and some know pretty cool tricks," notes Castle. They're usually housebroken, and you won't have to wait to find out their personality. Pets adopted through reputable rescue groups have already been spayed/neutered, vaccinated, and micro-chipped in addition to undergoing a behavior evaluation. "A persistent myth is that you don't know what you are getting, when in fact the opposite is true," says Barlow. "If you buy a puppy, you don't know how that dog is going to act when it's grown up. Adopting an adult dog or cat makes it easy: you know their size, their temperament, their likes and dislikes, and any current health conditions that might require treatment."

7.6 million
pets enter shelters annually

2.7 million
shelter pets are adopted

2.7 million
more are euthanized

37%
of cats entering shelters are adopted

41%
are euthanized

less than 5%
are returned to their owners

35%
of dogs entering shelters are adopted

31%
are euthanized

26%
are returned to their owners

All figures are estimates from the ASPCA.



home for the holidays?

The holiday season can be a surprisingly good time of year to bring a pet into your family. If you're traveling or hosting parties, you will want to wait until your home life is back to normal before introducing a new family member. But if you've already been seriously considering a pet, time off work around the holidays presents a nice opportunity to relax and get your little buddy acclimated to a new home.

DON'T ***judge by appearances.*** If a certain look is your deciding factor, you may be setting yourself up for failure in the face of an animal's real temperament and needs. "I encourage folks to be open to the magic of a connection with a special dog regardless of breed," says Castle. The ASPCA's Meet Your Match program is utilized at shelters across the U.S. with the goal of helping adopters focus on an animal's individuality. "We've found that pairing up an adopter with an animal that intrinsically fits with their lifestyle and with the needs of the pet creates long-lasting matches," Barlow says.

DO ***look for a good fit.*** "Ask yourself why you want a pet—is it for a TV buddy or a running partner? Establishing expectations will help determine the best match for your family," says Barlow. "What might have been a dog with too much energy for a senior might be the perfect fit for an outdoorsy, active family." Think about how much space you have in your home and how much time you can spend with your pet each day. If you already have a pet and are adding another to your family, be open with shelter workers from the start so they can help find a match for everyone in your household, and also so you know your options if the animals seriously clash. While it's not ideal, most rescue groups will take an animal back no matter the reason or how much time has passed.

DON'T ***dismiss shelter animals as "damaged goods."*** Says Castle, "For the most part, dogs and cats land in shelters for a variety of reasons that usually have to do with their previous family's financial, housing, relationship, or other personal issues, and have nothing to do with the health or behavior of the animal." In some cases, owners may have passed away or been forced by ill health to surrender beloved pets.

DO ***ask for help.*** Rescue groups want nothing more than to join pets and people for keeps, so follow up with them if you experience challenges. "If someone has never had a pet, it's probably a good idea to adopt a shelter dog or cat through a local rescue organization that will give pointers and support," says Castle. Most groups can connect you with trainers, veterinarians, and pet sitters.

RESCUE GROUPS WANT NOTHING MORE THAN TO JOIN PETS AND PEOPLE FOR KEEPS.

who 2 give 2

'TIS THE SEASON FOR SUPPORTING THE WORK OF CHARITIES THAT IMPROVE THE LIVES OF COMPANION ANIMALS.



Writer and editor Lisa Barley and her family share their home on Bainbridge Island, Wash., with a rescue cat, Bean. The family looks forward to adopting a dog in the New Year.

ALLEY CAT ALLIES

Helping to establish the practice of trap-neuter-return to ease cat overpopulation without resorting to killing, Alley Cat Allies was founded to advocate for humane treatment of feral cats. Your donation will help the group improve the lives of cats through shelter programs, educational efforts, and public-policy campaigns. *alleycat.org*

ASPCA

The American Society for the Prevention of Cruelty to Animals has been championing animals for nearly 150 years, rescuing them—such as from fighting rings and negligent breeding operations—caring for them, and helping them find homes. A $25 donation feeds a shelter animal for three weeks; $35 provides vaccinations; $50 covers a medical exam; $100 funds spay/neuter surgery. *aspca.org*

BEST FRIENDS ANIMAL SOCIETY

This non-profit operates the largest no-kill companion-animal sanctuary in the nation on 20,000 acres near Kanab, Utah. In addition to providing loving care for about 1,700 animals on site, Best Friends partners with groups across the country to hold adoption events and implement spay/neuter programs. *bestfriends.org*

NORTH SHORE ANIMAL LEAGUE

A leader in the no-kill rescue movement, NSAL runs a shelter in the New York Tri-State area and partners with local groups nationwide to increase adoptions. The organization's mobile adoption units bring animals into the community and make adoption easy and accessible; NSAL also loans vehicles from its fleet to other shelters and offers a co-operative buying program to help rescue groups save on equipment and supplies. *animalleague.org*



Circle reply #7 on Info Center card

BY Fiona Kennedy

comfort and joy

CELEBRATE THE HOLIDAYS WITH A COZY FOUR-COURSE MENU



PHOTOGRAPHY Anaïs & Dax FOOD STYLING Vivian Lui PROP STYLING Scott Horne

LIGHT A FEW CANDLES, SET THE STAGE WITH A PRETTY ASSORTMENT OF PLATES AND GLASSES, THEN GATHER AROUND THE TABLE AND LINGER OVER A SEASONAL MENU THAT'S AS WARM AND INVITING AS AN OPEN FIRE ON A COLD WINTER EVENING.

Winter Warmer

SERVES 6

Ginger, honey, lemon, and rye whiskey come together in a spicy cocktail that can be served straight up or over ice.

- **¼ cup mild honey**
- **2 Tbs. peeled and finely chopped fresh ginger**
- **1½ cups rye whiskey**
- **½ cup plus 2 Tbs. lemon juice**
- **1 pinch salt**
- **12 thin lemon slices or 6 strips lemon peel for garnish, optional**

1 | Combine honey, ginger, and ½ cup hot water in blender; blend until smooth. Strain mixture through fine strainer, pressing down to extract all liquid. Discard solids.

2 | Pour ginger mixture into large jar. Add whiskey, lemon juice, and salt. Shake gently to combine, and chill.

3 | To serve: Measure out ½ cup liquid, and place in ice-filled shaker. Shake, and strain into martini glass or ice-filled tumbler. Garnish with 2 lemon slices, or slap lemon peel between palms, and float on top of drink, if using.

PER ½-CUP SERVING 177 cal; <1 g prot; <1 g total fat (<1 g sat fat); 14 g carb; 0 mg chol; 25 mg sod; <1 g fiber; 12 g sugars GF



make-ahead **tip**

PREPARE THE HONEY SYRUP AND SQUEEZE THE LEMON JUICE UP TO TWO DAYS BEFORE SERVING. STORE IN THE FRIDGE.



Menu

WINTER WARMER, p. 53

CAULIFLOWER SOUP WITH CARAMELIZED APPLES AND HAZELNUTS

CHEESE, MUSHROOM, AND SWISS CHARD TORTA

TRICOLOR SALAD WITH RUSTIC CROUTONS, p. 56

CARAMEL-ALMOND TART, p. 58

Cauliflower Soup with Caramelized Apples and Hazelnuts

SERVES 8

Caramelized apples turn cauliflower soup into a sensational appetizer.

- **3 Tbs. olive oil, divided**
- **1 large onion, thinly sliced (1¼ cups)**
- **2 cloves garlic, minced (2 tsp.)**
- **1 tsp. ground coriander**
- **1 large head cauliflower, sliced into ½-inch-thick slices (6 cups)**
- **4 cups low-sodium vegetable broth**
- **2 medium apples, peeled and cut into small pieces (2 cups)**
- **1½ Tbs. sugar**
- **1 tsp. curry powder**
- **½ cup toasted hazelnuts, chopped**
- **2 Tbs. chopped parsley**

1 | Heat 2 Tbs. oil in large saucepan over medium-high heat. Add onion, sauté 5 to 7 minutes, then add garlic and coriander, and cook 1 minute. Add cauliflower, broth, and 1½ cups water, and bring mixture to a simmer. Reduce heat to medium-low, and simmer 20 to 25 minutes, or until cauliflower is tender. Cool.

2 | Blend cooled soup in blender or with immersion blender until smooth, adding more water if soup is too thick. Season with salt and pepper, if desired.

3 | Heat remaining 1 Tbs. oil in large skillet over medium-high heat. Place apples in single layer in skillet, and cook 5 to 7 minutes, or until apples start to brown, stirring occasionally. Sprinkle sugar over apples, and cook 3 to 5 minutes more, or until sugar melts and starts to caramelize. Stir in curry powder, and sauté 30 seconds. Transfer apples to large plate, spreading apart to keep from sticking together when sugar hardens.

4 | To serve: ladle warm soup into bowls, and top with caramelized apples, hazelnuts, and parsley.

PER 1-CUP SERVING 157 cal; 3 g prot; 10 g total fat (1 g sat fat); 17 g carb; 0 mg chol; 96 mg sod; 4 g fiber; 10 g sugars V GF

make-ahead **tip**

PREPARE THE SOUP (THROUGH STEP 2) ONE OR TWO DAYS AHEAD. CARAMELIZE THE APPLES AND CHOP THE NUTS IN THE MORNING OR BEFORE GUESTS ARRIVE.

Cheese, Mushroom, and Swiss Chard Torta

SERVES 8

A torta is a free-form, double-crusted pie that requires no special pie dish. Serve with steamed carrots or roasted root vegetables. For more robust flavor, you can substitute kale or collard greens for the Swiss chard.

CRUST

- **1¼ cups all-purpose flour**
- **¼ cup corn flour or fine cornmeal**
- **2 Tbs. olive oil**
- **½ tsp. salt**

FILLING

- **1 lb. Swiss chard, ribs removed, thinly sliced into ribbons (10 cups)**



- **1 tsp. salt**
- **1 large Yukon gold potato, peeled and cut into ⅜-inch cubes (1¼ cups)**
- **3 Tbs. olive oil, divided**
- **3 large leeks, white and light green parts thinly sliced (2 cups)**
- **8 oz. mushrooms, stems removed, thinly sliced (3 cups)**
- **2 cloves garlic, minced (2 tsp.)**
- **¼ tsp. grated nutmeg**
- **2 large eggs, lightly beaten**
- **4 oz. Asiago cheese, cut into ¼-inch cubes (¾ cup)**
- **¼ cup grated Parmesan cheese**

1 | To make Crust: Place flours, oil, and salt in bowl of stand mixer with paddle attachment. Slowly drizzle in 7 to 9 Tbs. ice water with machine running on medium-low speed. Mix 5 to 7 minutes, or until smooth, pliable dough forms. Divide into 2 balls, cover in plastic wrap, and let sit at room temperature 1 hour, or in refrigerator overnight.

2 | To make Filling: Toss chard with salt in bowl. Transfer to colander, and let stand 1 hour. Place on clean kitchen towel, roll up tightly, and squeeze out as much liquid as possible. Transfer to large bowl.

3 | Combine potato and enough water to cover by 1 inch in small saucepan. Bring to a boil, then reduce heat to medium-low, and simmer 5 minutes. Drain, and add to chard.

4 | Heat 2 Tbs. oil in large skillet over medium-high heat. Add leeks, and cook 5 to 7 minutes, or until soft. Add mushrooms, and cook 5 to 7 minutes, or until most mushroom liquid has evaporated. Stir in garlic and nutmeg, and cook 1 minute more. Add leek mixture to bowl with chard, stir, and cool 20 minutes. Stir in eggs until well combined, then stir in Asiago and Parmesan. Season with salt and pepper, if desired.

5 | Preheat oven to 375°F, and line 12-inch round pizza pan with parchment paper. Roll 1 dough ball into 13-inch circle on floured work surface (don't worry if dough resists a little). Let dough rest 10 minutes, then continue to roll and stretch (dough will be extremely thin). Gently roll dough circle onto rolling pin, then unroll onto parchment. Top dough with Filling, leaving 1-inch border. Roll out remaining dough round in same manner, and drape over Filling. Seal torta by crimping bottom dough over top layer or by rolling together in rope pattern. Drizzle remaining 1 Tbs. oil over top Crust, and rub in evenly with hands. Cut several vents in top Crust, and bake 50 to 60 minutes, or until bottom Crust is golden brown. Serve hot, at room temperature, or chilled.

PER SLICE 293 cal; 11 g prot; 16 g total fat (5 g sat fat); 30 g carb; 61 mg chol; 761 mg sod; 3 g fiber; 3 g sugars

make-ahead **tip**

WRAP UNBAKED TORTA IN PLASTIC WRAP, AND STORE UP TO TWO DAYS IN THE FRIDGE OR UP TO ONE MONTH IN THE FREEZER. YOU CAN ALSO BAKE THE TORTA AHEAD AND WARM JUST BEFORE SERVING.



HOMEMADE HONEY SYRUP SWEETENS THE WINTER WARMER.



FOR THE SOUP, APPLES GET CARAMELIZED WITH A HIT OF CURRY.

Tricolor Salad with Rustic Croutons

SERVES 8 | 30 MINUTES OR LESS

This is a great party salad because the hearty greens won't turn limp or mushy once they're tossed with the dressing.

- **1 8-oz. loaf French bread, crust removed, bread torn into ½-inch pieces (4 cups)**
- **⅓ cup plus 2 Tbs. olive oil, divided**
- **¼ cup white balsamic vinegar**
- **1 small shallot, peeled and finely chopped (2 Tbs.)**
- **1 large head radicchio, sliced into thin ribbons (5 cups)**
- **1 12-oz. bunch Tuscan kale, ribs removed, leaves sliced into thin ribbons (3 cups)**
- **2 white Belgian endives, sliced into thin rings (2 cups)**
- **4 large dates, pitted and sliced into thin slivers (¼ cup)**

1 | Heat oven to 350°F. Toss bread with 2 Tbs. oil in large bowl, then transfer to baking sheet. Bake 20 to 25 minutes, stirring occasionally, or until golden.
2 | Place vinegar and shallot in small bowl, and season with salt and pepper, if desired. Whisk in remaining ⅓ cup oil.
3 | Combine radicchio and kale in large bowl. Add 6 Tbs. dressing, toss well, then gently massage greens to slightly wilt them. Add endives, dates, and croutons, and gently toss to combine. Offer extra vinaigrette at the table.

PER 1¼-CUP SERVING 221 cal; 5 g prot; 13 g total fat (2 g sat fat); 24 g carb; 0 mg chol; 147 mg sod; 3 g fiber; 6 g sugars V



TRICOLOR SALAD WITH RUSTIC CROUTONS

make-ahead **tip** TOAST THE BREAD AND MAKE THE DRESSING A DAY AHEAD. CUT ALL THE GREENS UP TO A DAY AHEAD, AND STORE IN AN AIRTIGHT CONTAINER IN THE FRIDGE.

TOASTED HAZELNUTS, CARAMELIZED APPLES, AND FRESH PARSLEY DRESS UP A COZY SOUP.



CAULIFLOWER SOUP WITH CARAMELIZED APPLES AND HAZELNUTS, p. 54



CHEESE, MUSHROOM, AND SWISS CHARD TORTA, p. 54



CARAMEL-ALMOND TART

Caramel-Almond Tart

SERVES 12

Toasted almonds are covered with salted caramel and then poured into a chocolate-lined tart crust. Serve tart in thin slivers on its own, or top with a small dollop of whipped crème fraîche.

CRUST

- **1¼ cups plus 1 Tbs. all purpose flour**
- **2 Tbs. sugar**
- **½ tsp. salt**
- **1 stick unsalted butter, melted**
- **2 oz. dark chocolate, finely chopped (scant ½ cup)**

FILLING

- **1½ cups slivered almonds**
- **⅓ cup heavy cream**
- **2 Tbs. honey**
- **½ tsp. salt**
- **¾ cup plus 2 Tbs. sugar**

1 | Preheat oven to 350°F.

2 | To make Crust: Stir together flour, sugar, and salt in medium bowl. Stir in melted butter. Press dough into 10-inch tart pan with removable bottom. Prick dough on bottom and sides, and bake 20 to 25 minutes, or until pale golden brown. Sprinkle chocolate over Crust, and let stand 1 minute. Gently spread chocolate over bottom of tart with spatula. Cool, then chill 30 minutes.

3 | To make Filling: Spread almonds on baking sheet, and toast in 350°F oven 15 minutes, or until fragrant and golden brown.

4 | Heat cream, honey, and salt in small saucepan until hot. Remove from heat.

5 | Stir together sugar and ¼ cup water in medium saucepan, and bring to a boil over medium-high heat. Cook 10 minutes, or until sugar has caramelized to copper color. Remove from heat, and stir in warm cream mixture until smooth. (Place pot back on low heat if sugar is still hard.) Stir in toasted almonds. Spread Filling in Crust. Cool, then refrigerate. Bring to room temperature before slicing.

PER SLICE 322 cal; 5 g prot; 19 g total fat (8 g sat fat); 35 g carb; 29 mg chol; 296 mg sod; 3 g fiber; 22 g sugars



make-ahead **tip**

THE TART CAN BE MADE UP TO TWO DAYS AHEAD. YOU CAN ALSO MAKE THE DOUGH AND REFRIGERATE UP TO ONE WEEK OR FREEZE UP TO A MONTH BEFORE BAKING.

Fiona Kennedy is a Los Angeles–based chef and recipe developer.



TOASTED ALMONDS ARE COVERED WITH SALTED CARAMEL AND THEN POURED INTO A CHOCOLATE-LINED TART CRUST.

RECIPES BY Donna Meadows

SPECTACULAR COOKIES TO BAKE AND GIVE THIS SEASON

gifts so sweet

READY, SET, BAKE! FOR THIS COLLECTION OF GIFT-WORTHY TREATS, WE TURNED TO HOLIDAY COOKIE CLASSICS FOR INSPIRATION. CHOCOLATE-CHIP, PEANUT BUTTER, THUMBPRINT, FLORENTINE—THEY'RE ALL HERE IN FOOLPROOF RECIPE FORM, WITH INVENTIVE EXTRAS (SPICES, NUTS, COCONUT, AND COCOA NIBS) TO MAKE THEM MEMORABLE.



PHOTOGRAPHY: CHRIS COURT

wrap it up

Stack six Florentines between slips of parchment paper, then wrap in plastic wrap. Tie the cookies up with a ribbon, or enclose them in a gift box.

ORANGE-ALMOND FLORENTINES WITH CARDAMOM, p. 65



TRIPLE CHOCOLATE-CHERRY COOKIES

PHOTOGRAPHY: CHRIS COURT

Triple Chocolate-Cherry Cookies

MAKES 36 COOKIES

Cocoa powder, cocoa nibs, dried cherries, and white chocolate chips come together in a rich, tender cookie that's as easy to make as traditional chocolate-chip cookies.

- **1½ cups all-purpose flour**
- **¾ cup unsweetened cocoa powder**
- **¼ tsp. baking soda**
- **7 oz. (14 Tbs.) unsalted butter, softened**
- **1 cup plus 2 Tbs. sugar**
- **3 Tbs. strong coffee or espresso**
- **1½ cups dried cherries**
- **1 cup white chocolate chips**
- **½ cup cocoa nibs**

1 | Preheat oven to 350°F. Line baking sheets with parchment paper.

2 | Sift together flour, cocoa powder, and baking soda in large bowl.

3 | Cream butter and sugar in separate bowl with electric mixer. Add coffee, and beat until smooth. Beat in flour mixture. Stir in cherries, chocolate chips, and cocoa nibs.

4 | Use 1-oz. (2 Tbs.) ice cream or cookie scoop to shape dough into balls, and place on baking sheet 2 inches apart. Bake 8 to 12 minutes, or until centers look dry. Cool on baking sheets, then transfer to storage container.

PER COOKIE 151 cal; 1 g prot; 8 g total fat (5 g sat fat); 20 g carb; 12 mg chol; 17 mg sod; 3 g fiber; 12 g sugars



wrap it up

Stack Thai Peanut Butter Cookies into Chinese take-out boxes.

PHOTOGRAPHY: CHRIS COURT

THAI PEANUT BUTTER COOKIES, p. 65



wrap it up

To keep the jam centers intact, package thumbprint cookies in a single layer in a shallow baking box lined with parchment or wax paper.

RASPBERRY-HAZELNUT THUMBPRINT COOKIES

Raspberry-Hazelnut Thumbprint Cookies

MAKES 24 COOKIES

Oat flour, rice flour, and toasted nuts make a tender gluten-free cookie with a little crunch.

- **1½ cups oat flour**
- **½ cup finely chopped roasted hazelnuts**
- **½ cup coarsely chopped roasted hazelnuts**
- **½ cup white rice flour**
- **½ tsp. baking powder**
- **8 oz. (2 sticks) unsalted butter, softened**
- **½ cup sugar**
- **1 large egg**
- **¼ cup raspberry jam**
- **Confectioners' sugar, for dusting**

1 | Preheat oven to 350°F. Line baking sheets with parchment paper.

2 | Stir together oat flour, hazelnuts, rice flour, and baking powder in medium bowl. Set aside.

3 | Cream butter and sugar in large bowl with electric mixer until smooth. Add egg, and beat until soft and creamy. Reduce mixer speed to low, and add oat flour mixture. Beat until just combined.

4 | Use 1-oz. (2 Tbs.) ice cream or cookie scoop to shape dough into walnut-size balls, and place on baking sheet 3 inches apart. Gently press each ball in center with thumb to make small wells. Spoon ½ tsp. raspberry jam into each thumbprint well.

5 | Bake cookies 15 to 20 minutes, or until golden brown. Cool on baking sheet. Dust with confectioners' sugar, then transfer to storage container.

PER COOKIE 163 cal; 2 g prot; 11 g total fat (5 g sat fat); 15 g carb; 28 mg chol; 16 mg sod; 1 g fiber; 7 g sugars GF

Orange-Almond Florentines with Cardamom

MAKES 24 COOKIES

This version of the French pâtisserie classic shows you don't need dairy to make crisp, sweet, nut-laced wafers. A silicone baking mat is required so the caramelized sugar mixture doesn't stick to the pan.

- **1 cup coarsely chopped sliced almonds**
- **¾ cup rice flour**
- **1 Tbs. grated orange zest**
- **1 tsp. ground cardamom**
- **¾ cup olive oil**
- **¾ cup light brown sugar**
- **½ cup honey or agave nectar**

1 | Stir together almonds, rice flour, orange zest, and cardamom in bowl.

2 | Bring oil, brown sugar, and honey to a boil in medium saucepan, and simmer until sugar dissolves. Stir sugar mixture into almond mixture. Cool, or refrigerate overnight.

3 | Preheat oven to 325°F. Line baking sheet with silicone baking mat.

4 | Spread 1 tsp. batter in circle on baking mat with back of spoon. Repeat, spacing circles 3 inches apart. Bake 10 minutes, or until golden. Cool 3 minutes on mat, then flip mat onto wire rack, and peel mat from cookies.

PER COOKIE 148 cal; 1 g prot; 9 g total fat (1 g sat fat); 18 g carb; 0 mg chol; 2 mg sod; <1 g fiber; 13 g sugars GF

Thai Peanut Butter Cookies

MAKES 48 COOKIES

Homey peanut butter cookies get a hit of exotic flavor from Thai red curry paste and flaked coconut.

- **2 cups all-purpose flour**
- **1½ tsp. baking soda**
- **8 oz. (2 sticks) unsalted butter, softened**
- **1 cup sugar**
- **1 cup light brown sugar**
- **2 large eggs**
- **1–2 Tbs. Thai red curry paste**
- **1½ cups crunchy peanut butter**
- **1 tsp. vanilla extract**
- **1½ cups unsweetened coconut flakes or shredded coconut**

1 | Whisk together flour and baking soda in large bowl.

2 | Cream butter, sugar, and brown sugar in separate bowl with electric mixer. Add eggs and curry paste, and beat 1 minute. Beat in peanut butter and vanilla, then flour mixture.

3 | Shape dough into 3-inch-wide cylinder, and wrap in plastic wrap. Refrigerate 4 hours, or overnight.

4 | Preheat oven to 350°F. Slice dough into ¼-inch-thick rounds, and place 2 inches apart on baking sheets. Sprinkle with coconut. Bake 10 to 12 minutes, or until edges are crispy but cookies are still soft in the middle. Cool on baking sheets.

PER COOKIE 154 cal; 3 g prot; 10 g total fat (5 g sat fat); 15 g carb; 18 mg chol; 116 mg sod; 1 g fiber; 10 g sugars GF

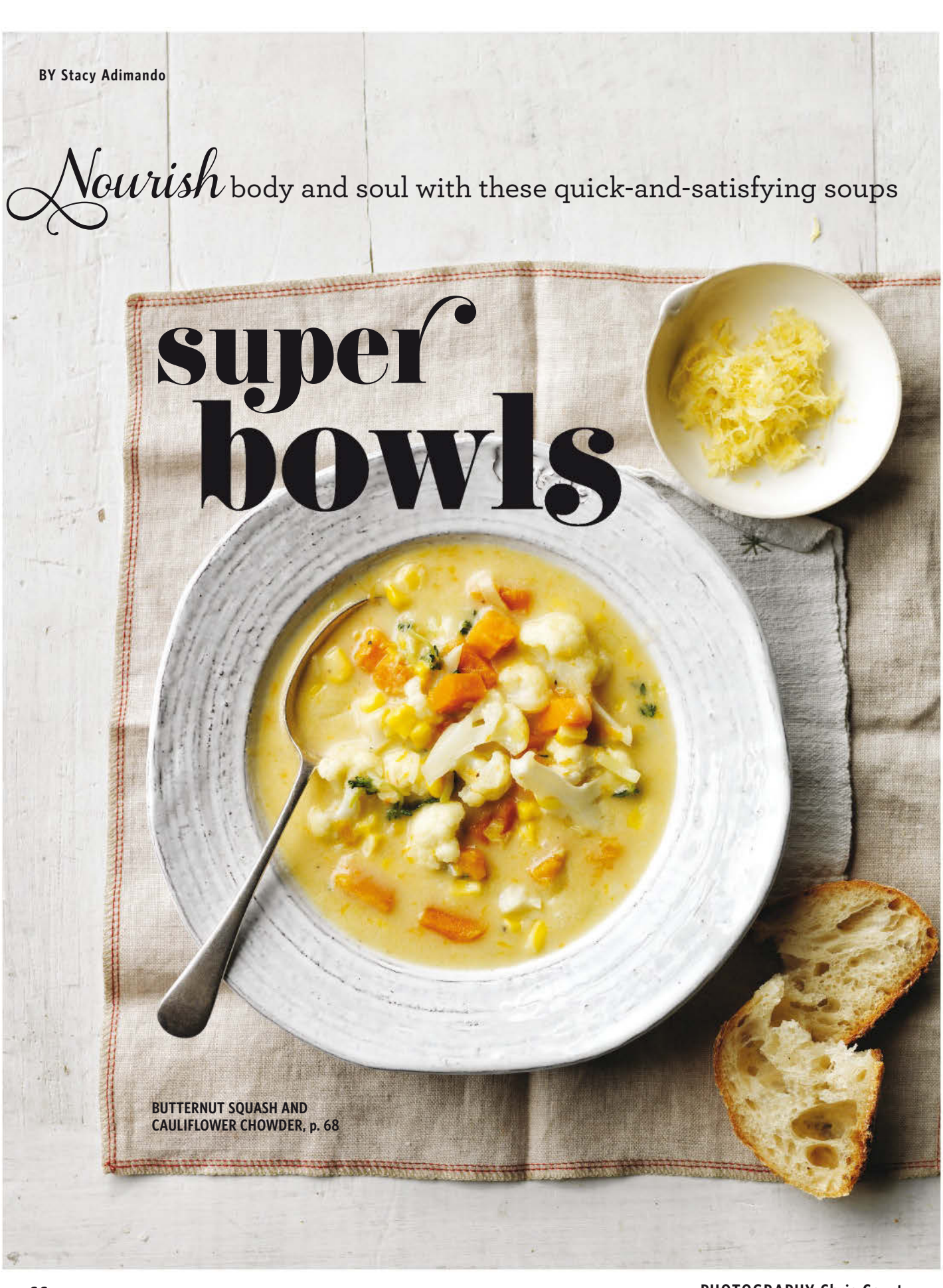
At Little House Café in Alameda, Calif., chef Donna Meadows treats diners to a different selection of freshly baked cookies each day.

PHOTOGRAPHY: BEATRIZ DA COSTA; FOOD STYLING: PAUL GRIMES

BY Stacy Adimando

Nourish body and soul with these quick-and-satisfying soups

super bowls



BUTTERNUT SQUASH AND CAULIFLOWER CHOWDER, p. 68

PHOTOGRAPHY Chris Court

ON THE CHILLIEST WINTER DAYS, A BOWL OF HOMEMADE SOUP CAN WARM YOU TO THE BONE WHILE FILLING YOU UP WITH HEALTHFUL VEGGIES AND GRAINS. THE FOUR RECIPES HERE HAVE ANOTHER PAYOFF: THEY'RE MADE WITH A BALANCE OF FRESH INGREDIENTS AND PANTRY STAPLES, SO SHOPPING AND PREP ARE A CINCH.



CHICKPEA MINESTRONE, p. 68

Serve chunky soup in shallow bowls so the good stuff doesn't sink to the bottom.

Chickpea Minestrone

SERVES 6 | 30 MINUTES OR LESS

This Italian-grandma-inspired soup gets a boost of healthful protein from cooked chickpeas.

- **2 Tbs. olive oil**
- **1 small onion, chopped (1¼ cups)**
- **4 cloves garlic, peeled**
- **3 large carrots, halved lengthwise and thinly sliced (2 cups)**
- **3 stalks celery, halved lengthwise and thinly sliced (1 cup)**
- **1 28-oz. can crushed tomatoes**
- **2 sprigs fresh thyme**
- **2 15-oz. cans chickpeas, rinsed and drained**
- **4 cups low-sodium vegetable broth**
- **1¼ cups (6 oz.) ditalini pasta**
- **⅓ cup chopped fresh basil, plus more thinly shredded basil for garnish**
- **6 Tbs. Parmesan cheese, for serving, optional**

1 | Heat oil in large pot or Dutch oven over medium heat. Add onion and garlic, and sauté 4 minutes, or until softened. Add carrots and celery, and cook 5 minutes, stirring occasionally. Stir in tomatoes, add thyme sprigs, and cook 2 minutes more.

2 | Smash ½ cup chickpeas with back of a fork to form paste. Add smashed and whole chickpeas, broth, and 2 cups water to pot. Bring to a boil, then reduce heat to medium-low, and simmer 5 minutes. Add ditalini and basil, and cook 7 to 8 minutes, stirring occasionally.

3 | Thin soup with broth or water (if necessary), and adjust seasoning. Remove thyme sprigs, and serve garnished with shredded basil and sprinkled with Parmesan cheese (if using).

PER 2-CUP SERVING 367 cal; 14 g prot; 8 g total fat (<1 g sat fat); 63 g carb; 0 mg chol; 588 mg sod; 12 g fiber; 16 g sugars

Mixed Mushroom and Rice Soup

SERVES 4

Two kinds of rice and three kinds of mushrooms turn a simple soup into something special.

- **½ cup basmati or other long-grain white rice**
- **½ cup black rice**
- **2 Tbs. olive oil**
- **3 small shallots, finely chopped (½ cup)**
- **¾ lb. shiitake mushrooms, coarsely chopped (6 cups)**
- **¾ lb. cremini mushrooms, coarsely chopped (4 cups)**
- **2 stalks celery, stalks finely chopped, leaves reserved for garnish**
- **¼ cup sherry or red wine vinegar**
- **4 cups low-sodium vegetable broth**
- **¼ cup parsley leaves, plus more for garnish**
- **½ sprig fresh rosemary**
- **1 cup delicate raw mushrooms, such as enoki or clamshell, for garnish**

1 | Combine both rices and 2 cups water in medium saucepan; season generously with salt, if desired. Bring to boil over medium-high heat, then reduce to simmer. Cover, and cook 20 minutes, or until rice is tender and liquid is absorbed.

2 | Meanwhile, heat 1 Tbs. oil in large pot or Dutch oven. Add shallots, and sauté 3 minutes, or until softened. Add remaining 1 Tbs. oil and shiitake mushrooms, and season with salt and pepper, if desired. Sauté 5 minutes, or until mushrooms are slightly softened and shrunken. Add cremini mushrooms and chopped celery; season with salt and pepper, if desired. Cook 8 minutes more, stirring often, or until celery is softened.

3 | Stir in vinegar, scraping up any browned bits from bottom of pan, and cook 1 to 2 minutes, or until all liquid has evaporated. Stir in cooked rice (you should have 2 cups), broth, 2 cups water, parsley, and rosemary sprig; bring to a boil, reduce heat to medium, and simmer 3 to 5 minutes.

4 | Remove rosemary sprig. Serve soup garnished with parsley leaves, reserved celery leaves, and raw mushrooms.

PER 1½-CUP SERVING 308 cal; 9 g prot; 9 g total fat (1 g sat fat); 53 g carb; 0 mg chol; 185 mg sod; 7 g fiber; 7 g sugars V GF

Butternut Squash and Cauliflower Chowder

SERVES 6 | 30 MINUTES OR LESS

Butternut squash, cauliflower, and corn provide a play of textures in a silky soup.

- **2 Tbs. unsalted butter**
- **1 medium leek, halved lengthwise, rinsed, then thinly sliced (1⅓ cups)**
- **1¾ lb. butternut squash, peeled, seeded, and diced into ½-inch cubes (4 cups)**
- **1 small head cauliflower florets, chopped or broken into bite-size pieces (4½ cups)**
- **2 Tbs. all-purpose flour**
- **2½ cups low-sodium vegetable broth**
- **1½ cups low-fat milk**
- **1 bay leaf**
- **2 sprigs fresh thyme**
- **⅔ cup frozen corn**
- **2 Tbs. grated lemon zest**

1 | Heat butter in large pot or Dutch oven over medium heat. Add leek, and sauté 4 to 5 minutes, or until softened. Add butternut squash, and season with salt and pepper, if desired.

2 | Add cauliflower, and sprinkle with flour. Stir in broth, milk, bay leaf, and thyme sprigs; season with salt and pepper, if desired. Bring to a boil, then reduce heat to medium-low. Simmer 10 minutes, or until vegetables are tender.

3 | Stir in corn and lemon zest, and cook 2 to 3 minutes more. Remove thyme sprigs.

PER 1½-CUP SERVING 172 cal; 6 g prot; 5 g total fat (3 g sat fat); 29 g carb; 13 mg chol; 118 mg sod; 5 g fiber; 9 g sugars

Chard, White Bean, and Potato Soup

SERVES 6

Tossing in a few chunky pieces of potato gives this soup a hearty feel. You can easily substitute your favorite greens for the chard.

- **2 15-oz. cans cannellini or navy beans, rinsed and drained**
- **2 Tbs. olive oil**
- **1 large red bell pepper, chopped into ½-inch pieces (1¼ cups)**
- **1 small onion, quartered and thinly sliced (1 cup)**
- **4 medium new potatoes (1¼ lb.), sliced into 1-inch-thick half-moons**
- **2 cloves garlic, minced (2 tsp.)**
- **4 cups low-sodium vegetable broth**
- **⅛ tsp. ground nutmeg**
- **10 cups stemmed Swiss chard leaves, coarsely torn**

1 | Smash ¾ cup beans in bowl with back of fork to form paste; set aside.

2 | Heat oil in large pot or Dutch oven over medium heat. Add bell pepper and onion, and season with salt and pepper, if desired. Cook 5 minutes, or until softened. Add potatoes, and cook 10 minutes, or until tender. Stir in garlic, and cook 2 minutes more.

3 | Add broth, 1 cup water, smashed and whole beans, and nutmeg to pot; bring to a boil. Reduce heat to medium-low, and simmer 12 to 15 minutes. Add chard, and season with salt and pepper, if desired. Simmer 5 minutes, or until chard is wilted.

PER 1½-CUP SERVING 288 cal; 13 g prot; 5 g total fat (<1 g sat fat); 48 g carb; 0 mg chol; 392 mg sod; 15 g fiber; 5 g sugars

Stacy Adimando is a freelance food and travel journalist, cookbook author, and culinary instructor.



RECIPES BY Abigail Wolfe

1 FOOD ▼ 5 WAYS

oranges

THE JUICY ORBS ARE AT THEIR JUST-PICKED BEST

Come winter, oranges will cure what ails you in the kitchen. Want a hint of sweetness? Add a little juice. Need a flavor lift? Stir in a little zest. Plus, orange slices, segments, and pulpy pieces can brighten just about any recipe, from savory sauces to desserts. Orange season is now in full swing (it runs through June), meaning there's no better time to make the most of the sunny, sweet citrus.

PHOTOGRAPHY Beatriz da Costa FOOD STYLING Paul Grimes



ORANGE NAPOLEONS, p. 81

stem CHECK

When buying oranges, check where the stem was connected to make sure there are no tears or brown discolorations. "Touch the area to make sure it's not soft," says Matt McLean, founder and CEO of Uncle Matt's Organic, in Clermont, Fla. "That button is where an orange is most likely to break down."

Orange-Scented Meatballs with Sweet-and-Sour Sauce

MAKES 24 MEATBALLS

These make an easy party hors d'oeuvre. Both the meatballs and the sauce can be prepared the day before.

MEATBALLS

- **1 large eggplant, peeled and cut into ½-inch cubes (6 cups)**
- **1 tsp. salt**
- **1 large yellow onion, diced (2 cups)**
- **2 Tbs. grated orange zest, divided**
- **1 Tbs. balsamic vinegar**
- **1 Tbs. olive oil**
- **2 cups cooked brown rice**
- **½ cup finely chopped veggie bacon (6 strips)**
- **4 Tbs. chopped chives**

SAUCE

- **6 oranges**
- **2 tsp. olive oil**
- **½ small yellow onion, chopped (½ cup)**
- **1 clove garlic, minced (1 tsp.)**
- **1 15-oz. can crushed tomatoes**
- **1 Tbs. balsamic vinegar**
- **1 Tbs. light brown sugar**
- **2 tsp. low-sodium soy sauce**

1 | To make Meatballs: Toss eggplant with salt in colander set over bowl. Let sit at room temperature 1 hour. Transfer to large kitchen towel, and gently squeeze out excess moisture.

2 | Preheat oven to 400°F. Line large baking sheet with parchment paper, and spray with cooking spray. Combine eggplant, onion, 1 Tbs. orange zest, vinegar, and oil on prepared baking sheet. Roast 25 to 30 minutes, or until mixture is tender but not mushy. Cool.

3 | Pulse roasted vegetables with rice and veggie bacon in food processor until combined. Transfer to bowl, and stir in chives and remaining 1 Tbs. orange zest; season with salt and pepper, if desired.

4 | Line baking sheet with fresh parchment paper. Roll mixture into 2-Tbs. balls, and place on prepared baking sheet. Bake 20 minutes, or until lightly browned, turning Meatballs halfway through.

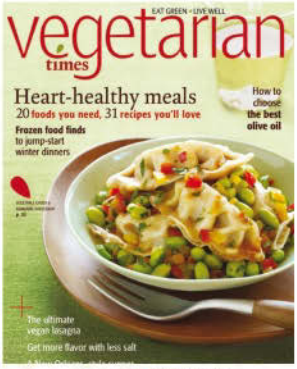
5 | To make Sauce: Trim orange ends all the way to juicy flesh. Stand fruit upright, and remove peel and pith with paring knife, following curve of fruit from top to bottom. Hold fruit over bowl, and cut sections along membranes to release each wedge into bowl. Squeeze empty membrane over bowl to capture any remaining juice. Set aside.

6 | Heat oil in medium saucepan over low heat. Add onion and garlic, and cook 10 minutes, or until onion begins to brown.

7 | Increase heat to medium, and add orange segments and juice, tomatoes, vinegar, and brown sugar; bring to a boil. Reduce heat to medium-low, and simmer 30 minutes, or until thickened. Remove from heat. Purée mixture with immersion blender until smooth. Stir in soy sauce, and season with salt and pepper, if desired. Serve with Meatballs.

PER SERVING (3 MEATBALLS AND ¼ CUP SAUCE)
221 cal; 6 g prot; 4 g total fat (<1 g sat fat); 42 g carb; 0 mg chol; 561 mg sod; 8 g fiber; 18 g sugars V









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ORANGE WASSAIL,
p. 81



Lentil Salad with Roasted Oranges and Radicchio

SERVES 6

Roasted oranges lend a caramelized sweetness to this hearty lentil salad. Serve over a bed of peppery greens such as watercress or arugula.

- **2 medium oranges**
- **1 head radicchio, quartered, cored, and thinly sliced (4 cups)**
- **4 large shallots, thinly sliced lengthwise (2 cups)**
- **2 Tbs. olive oil, divided**
- **1 cup French or Puy lentils, rinsed**
- **1 cup freshly squeezed orange juice**
- **½ cup toasted walnuts**
- **2 Tbs. chopped fresh mint**

1 | Preheat oven to 400°F. Line baking sheet with parchment paper.

2 | Trim orange ends all the way to juicy flesh. Stand fruit upright, and remove peel and pith with paring knife, following curve of fruit from top to bottom. Hold fruit over large bowl, and cut sections along membranes to release each wedge. Set segments aside, and squeeze empty membrane over separate bowl to capture any remaining juice.

3 | Add radicchio, shallots, and 1 Tbs. oil to bowl with orange segments. Season with salt, if desired, and toss gently. Spread mixture in single layer on baking sheet, and roast 25 minutes, or until oranges begin to brown and caramelize, stirring once and rotating tray halfway through.

4 | Meanwhile, bring lentils, 1½ cups water, and orange juice to boil in medium saucepan. Reduce heat to medium-low, and simmer 25 minutes, or until lentils are tender.

5 | Drain lentils, and transfer to large bowl, reserving cooking liquid. Return liquid to saucepan, and simmer over medium heat 5 to 7 minutes, or until reduced to ¼ cup. Pour over lentils.

6 | Add roasted orange-vegetable mixture to lentils with remaining 1 Tbs. olive oil, walnuts, and mint. Season with salt and pepper, if desired.

PER 1-CUP SERVING 279 cal; 10 g prot; 11 g total fat (1 g sat fat); 39 g carb; 0 mg chol; 17 mg sod; 8 g fiber; 12 g sugars V GF

CONTINUED ON p. 81.

seasonal SHOPPING GUIDE

Matt McLean, founder and CEO of Uncle Matt's Organic, in Clermont, Fla., shares his orange expertise. In addition to choosing oranges at their peak ripeness, consider where they come from if you're making juice, he says. "Florida oranges have a thinner peel and more juice per fruit because of Florida's subtropical climate," he explains. Thicker-skinned California oranges are ideal for eating out of hand because they are easier to peel.

Type	Peak Season	Characteristics
Hamlin	November to January	This pale varietal has a floral aroma and a high vitamin C content.
Navel	November to March	The namesake "navel" makes this classic easy to identify.
Cara Cara Navel	November to April	Red-fleshed navels have a distinctive flavor profile and antioxidant composition because of the red pigments.
Moro, Sanguinello (Blood Oranges)	December to February	Tart, red-fleshed blood oranges are spectacular in recipes and as juice.
Heirloom varieties	January to March	"If you can get 'em, grab 'em," says McLean, citing Florida Temple oranges as a sweet-tart option that's great for juicing but can also be peeled like a tangerine.
Pineapple	February to April	Darker orange with a flavor somewhere between a Hamlin and a Valencia. Very seedy, but a great juice orange.
Valencia	April to June	First grown in California, the world's most common orange variety is juicy and richly hued.



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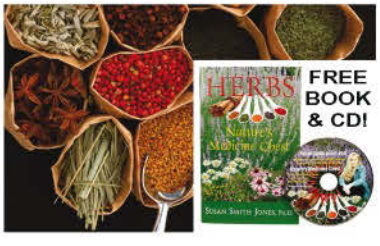


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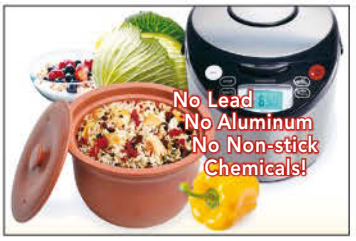


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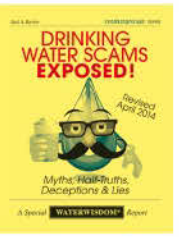
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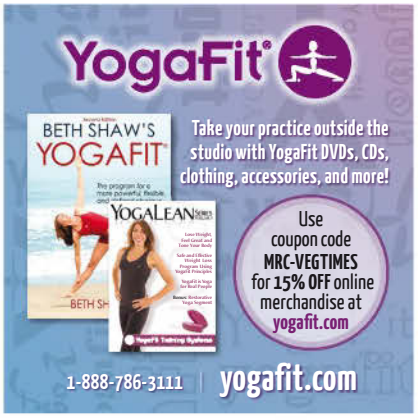
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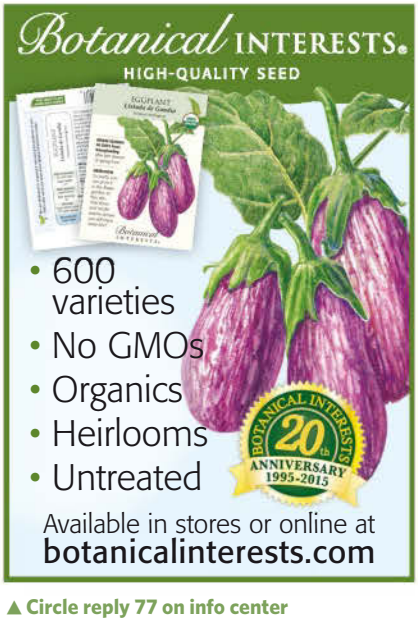
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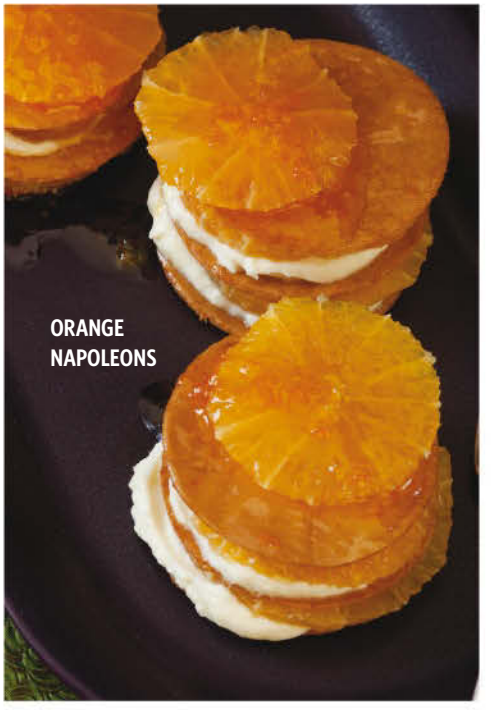
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CONTINUED FROM p. 74.

Orange Napoleons

SERVES 8

Crispy phyllo, sweetened mascarpone cheese, and fresh orange slices are assembled into a stunning dessert stack.

- **4 Tbs. unsalted butter**
- **4 Tbs. mild honey, such as orange blossom**
- **6 Tbs. freshly squeezed orange juice, divided**
- **1 Tbs. finely grated orange zest**
- **4 sheets thawed phyllo dough**
- **½ cup mascarpone cheese**
- **4 oranges**

1 | Preheat oven to 375°F. Line large baking sheet with parchment paper, then coat parchment paper with cooking spray.
2 | Bring butter, honey, 2 Tbs. orange juice, and orange zest to a simmer in small saucepan over low heat. Remove from heat, and set aside.
3 | Place 1 phyllo sheet on work surface, and brush with butter mixture. Stack 3 remaining phyllo sheets over first, brushing butter between each layer. Reserve remaining butter mixture.
4 | Cut 24 circles from phyllo stack with 2½-inch round cutter. Transfer to prepared baking sheet, and top with parchment paper and a second large baking sheet. Bake 15 minutes, rotating tray once. Remove top baking sheet and parchment, and brush each circle with butter mixture (there will be some left over). Return to oven, and bake 5 minutes more, or until golden brown.
5 | Stir together mascarpone and remaining 4 Tbs. orange juice. Transfer to piping bag with round tip, if desired.
6 | Trim orange ends all the way to juicy flesh. Stand fruit upright, and remove peel and pith with paring knife, following curve of fruit from top to bottom. Cut oranges into thin slices.
7 | To assemble: Lay 8 phyllo crisps on work surface, and spread or pipe each with 2 tsp. mascarpone mixture. Lay 1 orange slice atop each phyllo crisp. Top each stack with second phyllo crisp, 2 more tsp. mascarpone, and 1 orange slice. Top with third phyllo crisp, and finish with 1 orange slice. Transfer to plate with thin spatula. Drizzle each with any remaining glaze.

PER NAPOLEON 203 cal; 2 g prot; 12 g total fat (7 g sat fat); 24 g carb; 33 mg chol; 46 mg sod; 2 g fiber; 17 g sugars

Orange-Chile Salsa Verde

MAKES 2 CUPS

This sweet and zesty salsa can be used as an accompaniment to roasted or grilled veggies, stirred into rice or polenta, or spooned over cornbread.

- **4 fresh pasilla chiles**
- **2 Tbs. olive oil, divided**
- **5 large oranges**
- **1 small white onion, diced (1 cup)**
- **2 Tbs. white wine vinegar**
- **2 Tbs. agave nectar**

1 | Preheat broiler. Line broiler tray with foil. Rub chiles with 1 Tbs. oil, and place on prepared tray. Broil 10 minutes, or until skins are charred and begin to loosen, turning once or twice. Transfer chiles to bowl, and cover bowl with plastic wrap. When cool enough to handle, remove and discard skin and seeds, and dice chiles.
2 | Stand each orange upright, and remove peel and pith with paring knife, following curve of fruit from top to bottom. Hold fruit over large bowl, and cut sections along membranes to release each wedge. Set segments aside, and squeeze empty membrane over bowl to capture remaining juice.
3 | Heat remaining 1 Tbs. oil in medium saucepan over medium-low heat. Add onion, and sauté 5 to 7 minutes. Add orange segments and juice, chiles, vinegar, and agave. Simmer 15 minutes, or until orange segments have broken down and liquid has reduced. Remove from heat, and cool 10 minutes.
4 | Transfer mixture to blender, and purée until smooth. Season with salt, if desired.

PER ¼-CUP SERVING 85 cal; 1 g prot; 3 g total fat (<1 g sat fat); 16 g carb; 0 mg chol; 2 mg sod; 2 g fiber; 10 g sugars

Orange Wassail

SERVES 6 | 30 MINUTES OR LESS

Wassail is a hot mulled punch traditionally made with cider or ale and wine. This version calls for orange juice instead of cider or ale, but is no less festive.

- **3 cups freshly squeezed orange juice**
- **1 750-ml bottle Cabernet Sauvignon or other full-bodied red wine**
- **¾ cup dark brown sugar**
- **2 oranges, thinly sliced, divided**
- **½ cup fresh or frozen cranberries, divided**
- **1 whole nutmeg**
- **1 whole cinnamon stick**
- **10 whole cloves**
- **2 cups strong Earl Grey tea**

1 | Bring orange juice, wine, brown sugar, 1 sliced orange, ¼ cup cranberries, nutmeg, cinnamon stick, and cloves to a boil in large saucepan. Reduce heat to low, and simmer, uncovered 20 minutes.
2 | Remove pan from heat, and strain mixture into heat-proof pitcher or serving bowl, discarding solids. Stir in hot tea. Serve in mugs, and garnish with remaining orange slices and cranberries.

PER 1-CUP SERVING 241 cal; 1 g prot; <1 g total fat (<1 g sat fat); 48 g carb; 0 mg chol; 15 mg sod; <1 g fiber; 41 g sugars

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800.293.0160 | chocolatebar.com
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Nutritional Supplements

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essentialformulas.com
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12. pur-Absorb

800.319.9151 | purabsorb.com
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866.982.9439 | tryabouttime.com
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Animal Rights

19. Friends of Animals

friendsofanimals.org
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20. Holistic Holiday at Sea

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						SNACKS & CONDIMENTS
■	■	■	■	■	■	Jalapeño-Lime Popcorn, p. 45
■	■	■	■	■		Orange-Chile Salsa Verde, p. 81
■	■	■		■	■	Pistachio and Pink Pepper Popcorn, p. 46
■	■	■	■	■	■	Present Glo Bar, p. 26
	■	■		■	■	Sweet Sesame Popcorn, p. 46
		■			■	Toffee-Almond Popcorn, p. 45
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						APPETIZERS & SIDES
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						ENTRÉES
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	■		■	■	■	My Mother's Spelt-Almond Waffles, p. 28
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						DESSERTS & DRINKS
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	■	■		■		Winter Warmer, p. 53

Vegan and gluten-free recipes are tagged with V and GF respectively.
Look for these symbols with the nutritional information at the end of each recipe.

What are the BFFs of the food world? Here, chefs and other foodies share their favorite culinary pairings.



radicchio & persimmon

I discovered the combination of radicchio and persimmon in Venice, Italy, where I spent eight years as a chef. Early December saw the arrival of the Fuyu persimmon just in time for the holidays, and its sunny sweetness created the perfect foil for the *amaro,* or bitterness, of radicchio, a major player in the cuisine of the region.

I was taught this recipe by one of the *fruttivendoli,* or greengrocers, at Venice's Rialto market, who were always a great source of culinary wisdom. It's a twist on the traditional Venetian *saor* preparation, which uses slow-cooked sweet and sour onions as a preserving method. To begin, soak ½ cup raisins in warm water, and cut two heads of radicchio into wedges, two persimmons into ¼-inch rounds, and two red onions into thin rounds. Grill the radicchio and persimmons separately in a hot cast-iron skillet lightly coated with olive oil until nicely colored on both sides; set aside. Heat more olive oil in the skillet, and sauté the onions. When the onions start to caramelize, add ¼ cup apple cider vinegar and the raisins. Once the vinegar evaporates, cover the bottom of each of four ramekins with onion saor; add a layer of radicchio, then onion saor, then persimmon. Repeat, finishing with onion saor. Marinate at least four hours, then turn each ramekin over, onto a serving plate, and garnish with toasted pine nuts. Or layer this dish in a small lasagna pan, and cut into squares.



DREUX ELLIS is executive chef of Café Gratitude locations in Southern California.

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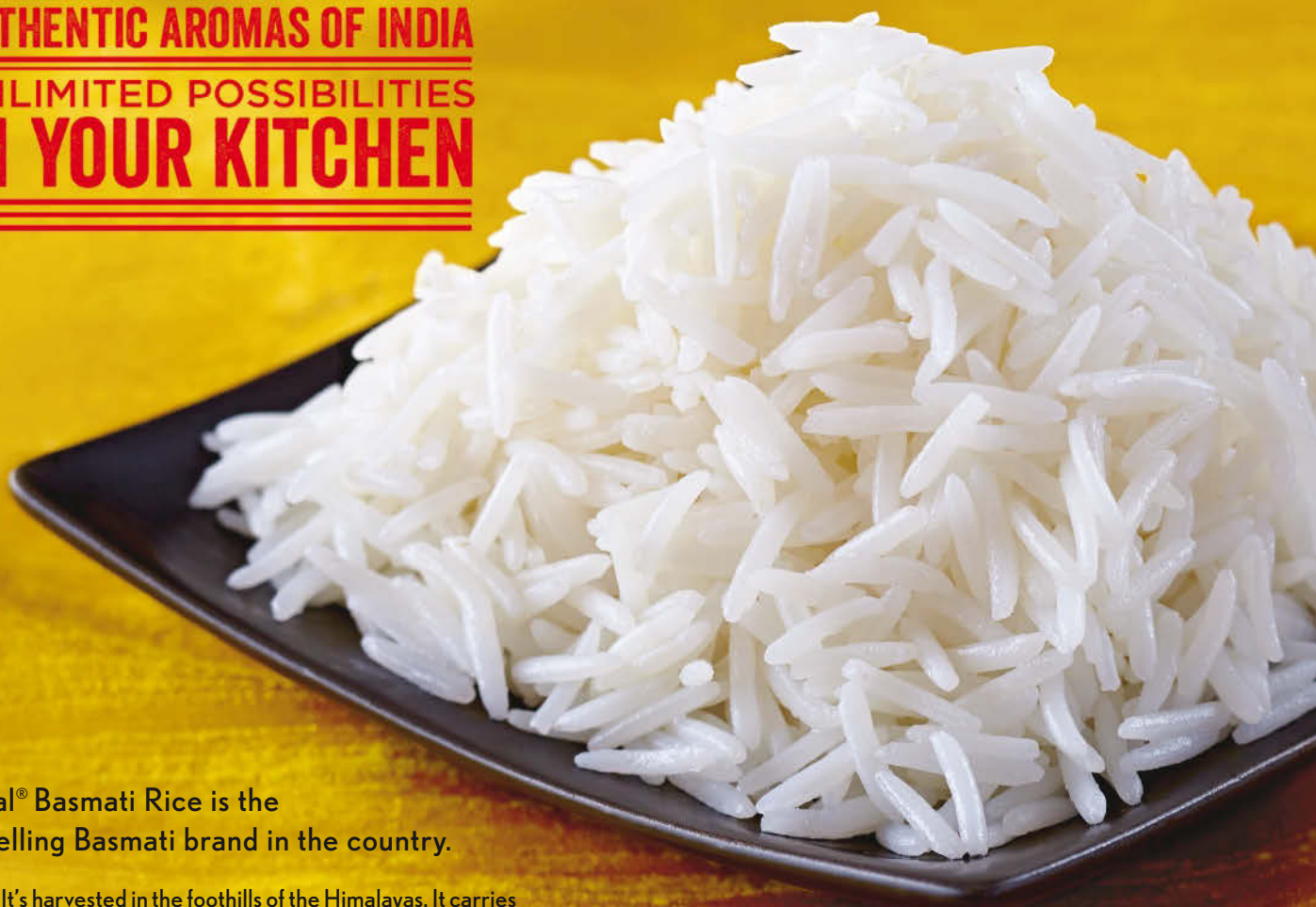
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